**Bariatric Surgery Protocol**

*The following are guidelines only. Coaches are not legally allowed to provide medical nutrition advice. When in doubt, please contact the Nutrition Coach for your facility and/or refer challengers to their primary care physician.*

**Specific questions to ask:**

1. What specific procedure did you have? (lap band, roux en y, gastric bypass, sleeve gastrectomy, duodenal switch)
2. How many years ago was your surgery?
   1. If less than a year ago, please communicate with the Nutrition Coach at your facility or have them contact their primary care physician prior to giving them macros.
3. Did you meet with a dietitian after your surgery? If so, were you given a specific meal plan? Were you given a specific amount of protein, carbs and fat to consume at each meal? How many meals was it suggested that you ate in a day?
   1. If has previously met with dietitian and was given specific macros, please communicate with Nutrition Coach or have them contact their primary care physician at your facility prior to giving them macros.
4. What have you been doing, nutrition wise, since having your procedure? (following a specific meal plan? Eating whatever whenever?)
5. Do you ever experience any digestive discomfort? (diarrhea, constipation, gas, reflux, etc)?

**Macros:**

1. Use bariatric calculator
2. Recommend 5-7 meals/day (If a client insists on less, refer out to Nutrition Coach or primary care physician)
3. ½ their body weight in ounces of water/day
4. Recommend drinking the majority of their water in between meals, instead of during meals
5. 6-servings of veggies/day
6. 4-servings of fruit/day

**Once they are given their macros:**

1. How is the meal plan working for you?
   1. Are you feeling really hungry between meals or satisfied?
      1. If really hungry please contact Nutrition Coach for your facility or have them contact their primary care physician ASAP.
   2. Are you experiencing any digestive discomfort? (diarrhea, constipation, gas, reflux, etc)?
      1. If experiencing, please contact Nutrition Coach for your facility have them contact their primary care physician ASAP.