For the first two weeks after surgery you will be on a **Stage I diet**. This consists mostly of Gatorade®, vegetable juice and thin soups such as broth or bouillon. Very sweet juices may need to be diluted with water to avoid abdominal cramping and the dumping syndrome. G2© a low sugar alternative to Gatorade© is another good option. It is important that you constantly are constantly “sipping” to get the appropriate amount.

- You should expect to drink **3-4 20 oz bottles** in 24 hours. Do not overload your new stomach pouch! Eat no more than **2-3 tablespoons** at one time. Wait at least 15 minutes before eating any more. This prevents too much pressure on your new hookup.

- You should eat nonfat yogurt with live cultures at least once daily to promote “good” bacteria in your new intestinal hookup.

- Saltine crackers and Pringles low fat chips are also good snacks.

**If you are not feeling well or concerned about your condition you must call your surgeon immediately! Our surgical team is available no matter when you need them.**

**Two weeks after surgery you should begin Stage II diet and follow it for a few days up until two months.**

You may now supplement your Stage I diet with various soft “mushy” foods, such as thinned mashed potatoes, applesauce, and oatmeal. All foods must be of the consistency of thinned mashed potatoes and fit through a strainer. You should eat between 6-8 small meals per day. Continue to sip low calorie liquids such as Gatorade, G2, or V8 Juice between meals to prevent dehydration. Do not drink liquids with meals.