

Bariatric Surgery and Medifast:

the perfect complement to bariatric surgery



Bariatric surgery is just one tool to address excess body weight. Some surgical procedures limit absorption of calories and nutrients such as duodenal switch or gastric bypass (Roux-en-Y, etc.) Other techniques restrict the amount of food your stomach can hold (gastric banding including Lap-Band™ and sleeve gastrectomy.)

Your doctor may recommend Medifast as a safe way to lose excess weight and body fat as you prepare for your surgery, since it provides excellent nutrition and is clinically proven to be effective.

In some cases, surgery alone may not be enough for maintaining a healthy weight over the long term, you may benefit from a nutritional meal plan to control calories. Regardless of the procedure you've undergone, Medifast can help you achieve and maintain your weight-loss goals safely and effectively.

Talk to your doctor about which Medifast Meal Plan might be best for you—as well as when it's appropriate for you to start. You and your doctor can read and download the Medifast Plans at [MedifastNow.com](https://www.MedifastNow.com)



Why Medifast

People love Medifast because it's a safe, effective, and a convenient way to limit your calories and lose weight. The original Medifast formula was developed by a doctor in 1980, and today there are over 70 great tasting Medifast Meals to choose from.

Medifast Meals mix up with water in seconds or are ready to eat right out of the package. The plans are easy to follow and deliver fast results. The Medifast Program involves small, frequent meals, which will be familiar to you if you're following a typical post-bariatric surgery meal plan.

Medifast Meals are made with soy and whey and are easy to digest. Registered dietitians, bariatric

surgeons, and bariatric doctors will appreciate that Medifast meal replacements have a PDCAAS score of 1.0, or 100%, which verifies that Medifast Meals provide complete protein with all essential amino acids. Weight loss on the Medifast Program emphasizes body fat while preserving more lean muscle mass than many low-calorie plans.

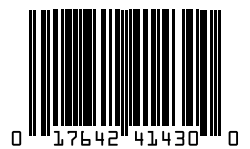
Every Medifast Meal is interchangeable, with about the same amount of calories, protein, fiber, vitamins, and minerals in each. Medifast Meals are nutrient rich, and deliver a great deal of benefit and satisfaction in a small package.

Tips for safer eating after bariatric surgery



- Eat your protein first, followed by vegetables, fruits, and finally whole grains. Include protein and fiber in your meal and make sure you're getting adequate nutrients since you will be eating smaller amounts.
- Eat slowly and chew your food thoroughly. Inadequately chewed food can block the opening of the pouch to your stomach (stoma) if you've had a bypass.
- The amount of food your stomach can hold may vary. Stop eating when you feel comfortably satisfied, or if you experience pain, discomfort, or nausea. In the case of a gastric band, overeating or vomiting can cause the band to shift.
- Introduce new foods one at a time to make sure you can tolerate them.
- Do not eat the seeds, skins, core, or peels of fruits or vegetables.
- Limit fats, fried foods, and sugary items.
- Drink plenty of water (46 to 64 oz/day) to prevent dehydration, which can cause dizziness, headache, nausea, low energy, and dark urine. Stop drinking liquids at least 15 minutes before a meal, and resume drinking 30 to 45 minutes after you eat.
- Avoid alcohol and carbonated drinks, and do not use a straw.
- If you're using Medifast, ask your doctor if you need a multivitamin or other supplement, and take these as directed.
- Use breath strips to freshen your breath instead of gum, which can cause a medical emergency if accidentally swallowed by someone who has had weight-loss surgery.
- Exercise regularly to help maintain weight loss.

MEDICAL DISCLAIMER: The medical information provided is for educational and information purposes only and is not intended to be a substitute for professional medical advice. If you have a medical problem or concern, please contact your doctor or health care provider.



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