

Your first 4 week guidelines

Puff, puff, puff!

- use your breathing device at least 5-10 times an hour during the day

Activity

- stay active but no repetitive pushing, pulling, twisting, or tugging and no lifting more than 10 pounds for the next 4 weeks. Wear your binder when active and for comfort

Walk, walk, walk!

- walk as much as you can tolerate every 1 to 2 hours

Sip, sip, sip!

- this is very important- drink no less 4 ounces every hour during the day and keep track of every ounce you drink and record it on your daily fluid sheet given to you

Bariatric Nutrition Guide



Always refer to your nutrition guide for clarification. Once home you can begin the full liquid diet **pg.14** along with the clear liquid diet on **pg. 13** for the next 2 weeks. Both clear and full liquid count on your daily intake sheet.

Constipation: If you have had no bowel movement in **2 days** try one of the following:

Milk of Magnesia

Smooth Move Tea

(allow the bag to remain in hot water for 10min prior to drinking)

Always use your MyHealthatVanderbilt.com portal to communicate with the clinic, view your lab results, and manage appointments



**Nurses Line 615-322-8134
Mon-Fri 8am-4pm**

For **urgent** needs after hours call **615-322-6000** for the **on-call provider**