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Dear Patient,

Congratulations on your decision to have the Lap-Band procedure!

I would like to thank you for choosing the SmartShape™ Weight Loss Centre (SWLC) at False Creek Healthcare Centre in Vancouver. Our clinic takes pride in being Canada's leading Lap-Band clinic. With our highly experienced medical staff and state-of-the-art facility, you have chosen the right clinic to start your journey.

You have made an important, life changing decision and it is our mission to provide you with the information and education that you need to make the most effective use of this very powerful tool. With your commitment and solid understanding of how to work with the Lap-Band, reaching your goals will not be far behind. The procedure is only the beginning and we are fully committed to providing you guidance and support.

We want you to feel comfortable about your upcoming procedure and have prepared this Patient Guide to allow you to acquaint yourself with our services and inform you of important guidelines to follow. Please do not hesitate in contacting the clinic with any questions or concerns that you may have.

The staff at SmartShape™ and I welcome you to our family.

Sincerely,

Dr. James Bond, MD
Medical Director and Surgeon
SmartShape™ Weight Loss Centre (BC)
Preparing for Surgery

Pre-Operative Documents

In order to prepare for your Lap-Band procedure, you will be required to arrange an appointment with your family physician and a local laboratory four weeks before your procedure date.

- Pre-op History & Physical
- Pre-op Blood Work & ECG
- Consent Form – thoroughly read and initial the bottom of each page. It is necessary for a witness (family member or friend) to sign certain pages of the form with you.
- Pre-Op Questionnaire
- Patient Care Contract
- Non-Refundable Deposit - if you cancel with more than two weeks’ notice, your deposit will be valid for 1 year. However, if you cancel your procedure with less than two weeks’ notice, your deposit will be forfeited.
- Final Payment – certified cheque, draft or money order made payable to the ‘Surgical Weight Loss Centre’. You may also use phone or online banking. Please ask your patient coordinator for more details.

Please note: If you do not have the above documents submitted to our clinic 3 weeks before your procedure date, your procedure will be cancelled.

Pre-Operative Appointments

Anesthetic Consult
Please ensure that you coordinate an anesthetic consult, in advance, with your patient coordinator in Vancouver at (604) 739 – 9695 ext. 119. Your consultation must take place 1 week before your procedure.

This appointment will take place at:
False Creek Healthcare Centre
555 West 8th Avenue, 6th Floor
Vancouver, BC V5Z 1C6

Psychological & Dietary Assessments
Your patient coordinator in Mississauga will arrange your psychological & dietary consultations. If you do not hear from our healthcare professionals, please contact our office at 1 (888) 278 – 7952 ext. 308.

General Preparation

Caregiver & Accommodation
Please arrange for a caregiver (family member or friend) to pick you up from the clinic after your procedure. To ensure your safety, driving yourself home or taking a taxi alone is NOT permitted. If you do not have a caregiver available, please speak with your patient coordinator and we will gladly provide you with information about private post-operative personal health care aide.

It is very important that your caregiver has his/her cell phone on at all times so the
recovery nurse can provide them with your discharge time.

If you live out of town, or require a ferry or airplane to go home, please make arrangements to stay at a hotel in close proximity to the clinic. You will need to arrive in the area the morning of day before the procedure and stay for 48 hours after your procedure. Please notify your patient coordinator of your room number once you check in to your hotel. A list of hotels is enclosed in your Patient Guide.

If you have children, please make arrangements to have a separate caregiver for them on the day of, and after the procedure. You are asked not to bring children to the clinic. Your caregiver will need to be exclusively devoted to your needs for the first 24 hour period. If you have small children at home, please plan ahead for childcare.

**Medications**

Please send your patient coordinator your up-to-date list of medications with the dosage as well as any vitamin/mineral and herbal supplements that you take. It is important that all of your medications are reviewed with the nurses or surgeons prior to your procedure. Please indicate if you are taking medications for diabetes, high blood pressure, heart disease, anti-depressants or blood thinner medications.

You will need to **bring all of your medications** to the clinic on the day of the procedure including diabetic medications, glucometer, puffers and/or CPAP machine if it applies to you. **You will be instructed in your anesthetic consult appointment of which medications to take on the day of your surgery.**

**Pre-Operative Meal Plan**

In order to prepare you for your procedure, your surgeon will prescribe SmartShape™ Shake, prior to surgery. The amount of time you will be on SmartShape™ Shake will depend on your surgeons’ assessment at the time of your consultation. The purpose of the pre-op regimen is to reduce the fat content and size of the liver through the process of ketosis, not simply to lose weight. By reducing the size of the liver, it makes the surgery more efficient and safer with significantly reduced risks of complications.

**The Pre-Op Meal Plan has 3 components:**
1. SmartShape™ Shake
2. Low Glycemic Index Vegetables
3. Supplements Regime

**SmartShape™ Shake** is a specially designed, bariatric-specific low carbohydrate, low calorie, high protein meal replacement. The formula was created to supply individuals with distinct and essential daily requirements of macro and micro-nutrients to prepare the body for surgery. Individuals should aim to consume all three shakes daily.

Your patient coordinator will provide you with ordering instructions and the length of time you will need to be on this meal replacement. The products can be ordered from Minogue Medical. Shipping time is approximately three to four days. For more information, please visit the company website at [www.minogue-med.com](http://www.minogue-med.com).

For more information and tips on adding flavor, please refer to your Food Guide.

**Low Glycemic Index Vegetables** - In addition to the three servings (shakes) per day, you should include a maximum of 250 calories of specific, low glycemic index vegetables per day. There are particular portions specified for each glycemic vegetable that is ‘authorized’ for consumption, so please refer to your Food Guide for a complete detailed list.

**Supplements Regime** – Although there is no malabsorptive component to your surgery (food is digested and absorbed normally) to ensure your body receives complete nutrition in the days leading up to your procedure and post-operatively, you may want to consider initiating specific supplements daily. You should consult with your doctor or pharmacist before starting any supplement to ensure it is safe to do so. The supplements we would suggest include:
**Patient Guide**

- **multivitamin and mineral supplement** in chewable/liquid form, one capsule per day
- **calcium** in chewable/liquid form, 500 – 600mg per day to compliment food/fluid contributions
- **vitamin D3** in chewable/liquid form, 1000IU per day to compliment food/fluid contributions

For more information on your supplement regime, please refer to the Food Guide.

**Special Considerations** - If you are an individual living with diabetes, please take special precautions when you start your pre-op regimen. You should check your blood sugar at least four times per day and adjust your medications accordingly. Due to the reduced carbohydrate content, we recommend that you reduce your diabetes/blood sugar medications by approximately ½ as a starting point. It is important to notify the physician who monitors your diabetes that you will be on this meal replacement. If you have questions or concerns, please call the clinic. For more information on blood glucose, please refer to your Food Guide.

**Items to Prepare for Post-Operative Care**
- Accurate scale. At the clinic we use scale model XL550 from [www.myweigh.com](http://www.myweigh.com)
- SmartShape Shake
- Clear juice and broth
- Sugar reduced popsicles
- Plenty of water
- Chewable/liquid adult formula multivitamin*
- Chewable/liquid calcium*
- Chewable/liquid Vitamin D3*
- Tylenol, Gravol & Gas X in liquid or chewable form

**Smoking**
If you smoke, please notify your patient coordinator. We ask that you stop all nicotine products (smoking, nicotine patch/gum, vaping) at least one month prior to your procedure to reduce the risk of complications.

**Reporting Illnesses**
If you experience any illnesses or rashes in the abdominal area two weeks before your procedure, please inform your patient coordinator or the nurses as soon as possible.

**Swimming Pool/Hot Tubs/Jacuzzi/Spa**
Please refrain from using a hot tub, swimming pool or Jacuzzi for two weeks before your procedure.

**Resources to Review**
1. Join Lap-Band Connect™ on the SWLC website for knowledge and support from other patients
2. Register for the mandatory patient educational webinars with our Registered Dietitian and Lap-Band Education Coach
3. Carefully review the Food Guide for nutrition guidelines
4. Educate yourself as well your family and friends about the Lap-Band procedure and its benefits

**Day Before Your Procedure**
The day before your procedure is very important in making your experience as comfortable and safe as possible. Please go through the following reminders and ensure you are ready for your procedure.

**Checklist Phone Call** – your patient coordinator will call you the day before your procedure to provide instructions, confirm information you have given and answer any last minute questions.

**No Eating & Drinking After Midnight** – this includes candy, gum, water and vitamins. Please hydrate yourself with plenty of water for two days prior to your procedure. Failure to follow these instructions may result in your procedure being delayed or cancelled. You may brush your teeth but be careful not to swallow any water.

**Medications** – please bring all your current medications along with your CPAP machine,
and inhalers/puffers if this applies to you. Please take all medications as instructed in your anesthetic consult.

**Attire** - please wear loose fitting and comfortable clothing with flat shoes. You should not wear make-up, contact lenses or nail polish. Please remove all jewellery and body piercings. If you are unable to remove your piercings, please inform your patient coordinator. Please leave all valuables at home.

**Shower** - Please take a shower with an anti-bacterial soap the night before and morning of the procedure. You may use regular shampoo and deodorant, but please do not use any lotion or creams on your body.

**Website Resources**

www.smartshape.ca
SmartShape™ Weight Loss Centre

www.lapbandconnect.ca
Lap-Band Connect™

www.naaso.org
North American Obesity Society

www.fooducate.com

www.bodywellfitness.com

www.fitwatch.com
Free calorie counter

www.fitday.com
Free diet plan, calorie counter, weight loss journal

www.sparkpeople.com
Free diet plans and recipes

www.myfitnesspal.com

www.eatwise.ca

www.eatrightontario.ca

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**Hotel Listings**

**SANDMAN HOTELS**
180 W Georgia Street
Vancouver, BC V6B 4P4
Tel: 1 (800) 726 - 3626
Website: www.sandmanhotels.com

Ask for the False Creek Healthcare Centre corporate rate

**HOLIDAY INN**
711 West Broadway
Vancouver, BC V5Z 3Y2
Tel: (604) 879 – 0511
Website: www.hivancouver.com

Ask for the False Creek Healthcare Centre corporate rate

**Important Contact Numbers**

**FALSE CREEK HEALTHCARE CENTRE**
555 West 8th Avenue, 6th Floor
Vancouver, BC V5Z 1C6
Local: (604) 739-9695
Toll-Free: 1 (800) 815-9338
Fax: (604) 709-9676

Emergency Hotline
(416) 280 - 6115

**Surgeons**
Dr. James Bond
Dr. Katherine Hsu
Email: info@smartshape.ca

**Patient Coordinator**
Loraine Dela Cruz
Email: loraine.dela cruz@centrichealth.ca
(604) 739-9695 ext.119

**Nurse Specialist**
Andrea Javer
Email: andrea@smartshape.ca
Day of Surgery

**Clinic Arrival** – your patient coordinator will confirm the time of your procedure the day before your procedure. *Please plan to arrive at the clinic 90 minutes before your scheduled time*, unless you are the first patient in the morning, then this time may not be that long.

**Pre-Op Room** – when you arrive at the clinic, a nurse will confirm your medical history and measure your weight, blood pressure and pulse. You will be asked to change from casual attire into a clinic gown. You will meet with the surgeon and anesthetist to explain and answer any remaining questions about the procedure.

**Operating Room** – an intravenous (IV) line will be started before the procedure. The IV will provide medication and fluid during the procedure. The anesthetist will describe in detail what is happening as you receive your general anesthetic and carefully monitor your vital signs during the procedure.

**Recovery Room** – immediately after your procedure, you will be taken to the recovery room. Your expected length of stay in the recovery room will be 1½ to 2 hours but may be longer if we require to monitor you for sleep apnea. You will be closely monitored as the anaesthesia wears off. Your surgeon will visit you after the procedure. Control of pain and nausea is important. It helps prevent complications and assists in the healing process. We rely on your description of pain to assist you with recovery and pain control.

**Patient Discharge** – A nurse will notify your escort of the anticipated time that you will be ready to be released from the clinic. Patients will be discharged with follow-up instructions and provided prescription medication prior to leaving the clinic.

**Suggestions for making your recovery more comfortable:**

- On the first night we recommend bed rest, getting up only to go to the bathroom. Please ensure someone is supporting you by putting an arm on your back and holding your arm. If you stand up too quickly, you may feel faint. To avoid this, sit on the edge of the bed with your feet dangling for a few minutes before you get up. In the unlikely event that you do faint, stay lying down and have someone elevate your legs.

- When lying in bed, use pillows to support your head and back. Laying flat may cause some discomfort.

- Bend your ankles up and down, and wiggle your toes frequently to maintain circulation in your legs.

- The nurses will show you how to care for the area of the incisions. Please ask any
questions you may have and be sure you understand the instructions given by the clinic staff.

- Follow post general anesthesia instructions on the separate informational sheet provided.

- Drink plenty of water in tiny sips. Do not use a straw, gulp or chug fluids as it may cause excessive burping, flatulence, bloating, cramping pain, and / or general abdominal discomfort.

- You may feel some pain at the time of discharge, but this will slowly dissipate over the first couple of days. Pain in the left shoulder is very common and usually is due to repair of a hiatus hernia that is commonly performed at the time of your procedure or an accumulation of gas. Everyone responds differently so it is important to listen to your body. You may experience some abdominal wall pain, pain around the incision sites or muscle spasms. Take your prescribed medication if necessary. Please note codeine may cause constipation. We recommend using Milk of Magnesia to treat constipation if it is a problem.

- You may have some bloating or cramp-like symptoms starting one to two days after your procedure. Once your bowels start working, this discomfort usually resolves quickly. For gas pains, a heating pad, walking, or taking Gas-X may help. Gravol elixir or Gravol suppository may help relieve nausea.

- Please call the clinic if you experience the following:
  - Pain that is not relieved by medication
  - Bleeding or unexpected drainage from the incisions
  - Temperature greater than 38°C
  - Extreme redness or swelling around the incision
  - Nausea or vomiting that is persistent
  - Chest pain or shortness of breath
  - Pain in calf of legs

If you feel that you have a **medical emergency problem that cannot wait until morning**, please call the answering service at (416) 280 – 6115.

# Post-Op Care

## General Instructions

**Physical Activity** - you should avoid strenuous physical activity for at least four weeks. Walk at least 30 minutes a day as soon as you feel comfortable. We recommend gradually increasing your activity and do not overdo it. You may start with a casual five to ten minute walk. If you have questions about physical activity, please discuss this with the nurses at the clinic.

**Bathing /Showering** – you may shower the day after the procedure, but please do not soak in a bathtub or hot tub for four weeks after your procedure. Do not scrub your incisions for at least two weeks. The steri-strips should come loose and can be removed in about seven days after your procedure. If they have not come off within ten days, feel free to remove them.

**Swimming Pool/Jacuzzi** - you may start using a swimming pool and Jacuzzi four weeks after your procedure provided that your incisions have healed well. Please do not use a hot tub for at least four weeks.

**Sex** – we advise waiting about two weeks due to possible discomfort. Women should use reliable birth control when resuming sexual activity. Please call our nurses if you plan to become pregnant.

**Driving** – you should not operate a vehicle for 48 hours after your procedure. Driving is prohibited while taking narcotic medications such as codeine. Patients who are not taking narcotic medications can drive within a few days, as long as the distances are short and not too tiring.
Time Off Work – some people may require a longer period of time to recover from a general anesthetic but everyone should plan to take it easy for at least one week after your procedure. We recommend taking five to seven days off work but this will vary on an individual basis.

Medications

You may resume your regular medications once you return home including heart, high blood pressure or anti-depressant medications. It is recommended that you crush your medications, for the first three days, especially for the larger pills. Please consult with your pharmacist to see if your medications can be crushed.

If you are a diabetic or taking blood sugar lowering medications, you should check your blood sugar at least four times a day to prevent low blood sugar. Similar to the pre-operative protocol, you will likely need only 50% or less of your medications after the procedure. You should use your blood sugar levels to guide your dosage of diabetic medications. If you have questions or concerns, please contact your physician or the nurses at the clinic.

Your primary physician may have to alter your medications to treat cholesterol, blood pressure and diabetes. Be sure to notify your family doctor about your procedure and have them monitor your health status appropriately.

Vitamins & Supplements

It is very important for you to follow the Food Guide to prevent complications and maximize your ability to heal and recover. We recommend that you wait until you are tolerating full fluids before starting your chewable/liquid supplements.

Vitamins, minerals and supplements authorized for consumption by your GP or pharmacist should all be in the chewable/liquid form for the first 21 days after your procedure. To compliment the shakes and ensure your body receives complete nutrition, it is also recommended that you speak with your family GP or pharmacist about integrating daily chewable/liquid supplements:

- Adult formula multivitamin
- 1000IU of Vitamin D3
- 500–600mg Calcium

Solid pills may be resumed once you are in the solid dietary texture stage and tolerating all intakes. Gummy supplements should be avoided. The quality of gummy supplements is far less than other chewable/liquid forms, therefore it is suggested that individuals avoid gummy supplements throughout their Lap-Band journey.

It is important that all women of childbearing age take a supplement which includes folate. Should you become pregnant ensure that you have your bloodwork checked by your physician or specialist early on in the pregnancy and at his/her discretion thereafter.

Follow-Up Guidelines

Incision - We do not require follow up appointment until you require a fill adjustment, as there are no stitches to remove. However, if you have any concerns, please contact us & we will be happy to see you. If you develop pus like drainage, your incision becomes much reddened or you develop a fever, please contact us immediately (604) 739 – 9695.

Mandatory Educational Webinars - Have you completed our educational webinars yet? If you have not, please visit the Events Calendar of our website to register.
In order to become knowledgeable regarding optimizing your lifestyle, SmartShape encourages you to participate in the mandatory post-op webinars hosted by our Registered Dietitian and Bariatric Program Education Coach.

Patients have expressed their appreciation to our healthcare professionals that after participating in these webinars, they feel more empowered to succeed in their weight loss journey.

**Lap-Band Adjustments** - you may find you need an adjustment approximately four to six weeks after your procedure, at which point you should contact your Lap-Band nurse. On average four to six adjustments are needed during the first year, however the number of adjustments varies and is tailored to the needs of each patient. There is no value in comparing your need for adjustments or the volume of fluid in your Lap-Band with other patients. We are committed to helping ensure success for every patient and will individualize the care each patient receives depending on your needs and progress.

When the Lap-Band is placed at the time of the procedure, it will contain only a small volume of fluid (2-3cc) called the “prime”. There will likely be some swelling of the lining of the stomach as a result of the procedure. This will resolve during the first few weeks after the procedure. Your Food Guide recommends a progressive dietary regime for your first 21 days post-op which will gradually increase the texture and consistency of your food.

Once you are eating solid food and your band is well adjusted, the goal is to achieve sustained and continuous weight loss. You should have a feeling of satiety, or satisfaction after eating a smaller portion of food. **The goal is to see how little you can eat and feel satisfied, not to see how much you can eat before feeling uncomfortable.** We recommend you choose a healthy selection of foods and use a bread or dessert plate for your meal. The feeling of satiety should last for a number of hours before feeling hungry again.

If you are following the guidelines regarding quality and quantity of food, but still feel stomach hunger soon after eating, experience a weight plateau, and/or not seeing improvements in your well-being, please contact the nurses as this may be an indication that you may need an adjustment.

**Preparing for your Adjustment**

- You should be in good health. If you are feeling unwell, please notify the nurses
- Eat only soft foods on the day of your adjustment
- Please do not eat or drink for **two hours** before the adjustment
- Wear loose clothing
- Please do not bring children to the clinic

**Post Adjustment**

- You will be asked to drink a small glass of water before you leave the clinic to ensure the band is not too tight.
- Please go to a soft diet for 24hrs
- Do not eat too much or too fast after an adjustment as this may induce vomiting
- If you are unable to tolerate fluids after leaving the clinic, please contact the nurses immediately
- You may experience slight discomfort when having an adjustment
- Some patients do not experience the effect of an adjustment for up to two weeks after it is performed
- Learn to identify the new feeling of satiety and respect it by not overeating

**Schedule of Adjustments**

- You should have at least one week of solid food before your first adjustment
- The timing of adjustments depends on weight loss, hunger and the type of foods you can eat
- We recommend at least 4 weeks in between your adjustment appointments

**Other Surgeries** - if you require any other surgical procedure while you have the Lap-Band, it is imperative that you contact our nurses. Depending on the nature of the operation and the type of anesthetic, you may
need to have fluid temporarily removed from your Lap-Band. This is important to minimize potential problems with vomiting after the operation which could increase the risk of problems with the Lap-Band. Please note, not all operations require that fluid be removed, however informing our clinical staff is in your best interest so they may guide you accordingly.

Living with the Lap-Band (Day 21 & Beyond)

With the Lap-Band, satiety and satisfaction should be experienced with a smaller portion of good quality food. The reduced food intake will then result in steady and sustained weight loss. These changes will start the process of letting go of food as a source of comfort and re-establishing food as a source of nutrition. Remember that the Lap-Band is a tool that can help you make changes. We recommend following the guidelines in both your Patient and Food Guide as set by our dietitian and nurses to reduce the risk of complications that may occur after the procedure and improve your chances of success.

Ten Lap-Band Guidelines to Live By

1. Eat Three Meals A Day – with nutrient dense protein and natural fibre. You should always try to eat protein first as it will help lead to earlier satiety. Include snacks if your next meal is greater than four hours from your last intake.

2. Eat Slowly! Follow the 20/20 Rule – plan to take at least 20 minutes to eat each meal. Enjoy your dining experience by taking small bites and chewing well (20 chews per bite). If you feel full you should stop. If you are eating too quickly, you may cause the pouch of stomach above the band to stretch, causing you to feel intense heartburn, nauseated or to vomit.

3. Reduce Your Portion Size – it is usually recommended to restrict your meal size to approximately a one cup or side plate portion of food. Use a dessert or bread plate to assist with portion control. If you push yourself to eat more, it may cause the stomach to stretch, causing pouch dilatation or band slippage. If the smaller portion size is not satisfying your hunger then you may need to alter your nutrition and/or have the Lap-Band adjusted.

4. Choose Solid Food – the purpose of choosing solids whenever possible is to promote satiety for a longer period of time. High calorie liquids, soft, slider, mushy textured foods such as ice cream, chocolate, fruit juice and alcohol will pass across the band quickly without generating satiety signals to the brain and are then rapidly digested by the body. Therefore, they provide a large number of calories and very little satiety time often leaving individuals feeling hungry soon after.

5. Allow 45 Seconds Between Swallows – consuming liquids while eating may lessen the effectiveness of the band by diminishing the communication signals between the digestive tract and your brain resulting in a reduced feeling of satiety. This leads to more food being consumed before the hunger is gone. Patients should wait a minimum of 45 seconds between a swallow of solid food and sip of liquid beverage.

6. Schedule Meal Times – it is recommended that you plan your mealtimes to allow approximately four hours between meals. Keep yourself hydrated by drinking plenty of water between intakes. If your hunger returns quickly after a good quality & quantity meal, it may indicate that you would benefit from a band adjustment.

7. Keep Hydrated – drink plenty of fluids including water and other nutritious low calorie beverages with the goal of consuming 2 – 3 litres of fluid per day. Begin with a minimum of 64 oz. (8 cups) and slowly increase your intake with time. This will help keep you satisfied between meals and ensure proper hydration.

Limit alcohol, caffeine and avoid carbonated beverages as they are high in calories and
have no nutritional value and cause digestive upset. Fruit juices have calories, but they also provide you with vitamins and minerals. If you drink fruit juices, select no added sugar 100% freshly squeezed juice and limit yourself to no more than ½ cup (125mL) per day.

Try to refrain from using a straw for drinking as you may inhale air that can cause excessive burping, abdominal discomfort, bloating and/or flatulence.

8. Supplements – take a multivitamin, vitamin D and calcium supplements daily. Vitamins are better absorbed when taken with meals. Chewable vitamins may be easier for you. However, gummy supplements should be avoided. The quality of gummy supplements is far less than other chewable/liquid forms, therefore it is suggested that individuals avoid gummy supplements throughout their Lap-Band journey. For further supplement guidance, please consult with your primary physician, pharmacist or our Registered Dietitian.

9. Be Physically Active – you should engage in “movement” at least 30 minutes a day. Begin slowly with the goal of working up to a brisk walk. We recommend aqua fit programs if regular exercise is too painful or difficult.

10. Keep Track – it is helpful and important for patients to keep records of their progress. We recommend completing the following and bringing them with you to your appointments at the clinic.

i. Lifestyle Diary – this will help you monitor your intake and tolerances to foods. Look for patterns of food that are tolerated well and foods that are not. The lifestyle diary will also help the clinic staff provide suggestions for better nutrient balance. You may want to schedule an appointment with the dietitian to review your lifestyle diary. Please refer to your Food Guide for sample diaries and further recommendations on how to complete this type of record.

ii. Weight Records – weigh yourself once a week on the same day, on the same scale and at the same time. We do not recommend that you weigh yourself daily.

iii. Adjustment Records – keep track of your visits to the clinic and the suggestions made by the nurses for review when you return home. Lap-Band adjustments are recommended when you are unable to achieve 3 ½ - 4 hours of satiety time while following optimal nutrition practices.

Potential Problems

Potential problems and complications can occur soon after your procedure (days or weeks) or later (months or years). Following our Food Guide and the Ten Lap-Band Guidelines to Live By will help prevent potential problems. Please educate yourself with the following problems to reduce risks and to better communicate to our nurses what you are experiencing.

Dehydration – this can occur when you do not take in enough fluid. Make sure to drink at least 8 cups (64 oz.) of liquids each day.

Nausea & Vomiting – there are several reasons this may occur:

a. Eating too much
b. Eating too fast
c. Blockage – if you swallow food that has not been chewed well, it could get stuck in the channel caused by the band.

If you vomit regularly, or if you are unable to tolerate liquids, please call the nurses immediately. Persistent vomiting can cause the pouch to stretch which can lead to a slippage of the Lap-Band.

Constipation – this can happen before or after your procedure but can be prevented. It is usually due to diminished movement, reduced fluid intake and decreased fibre ingestion. Individuals may choose to introduce a fibre supplement into their regime to improve bowel health, stool consistency and regularity.
Fibre supplements are acceptable in both the pre-operative and post-operative stages and can be psyllium based, such as Metamucil, or inulin based like Benefibre. Once individuals reach Day 21, the solid food stage, you are encouraged to add high fibre grains, fresh fruits, vegetables and legumes to your intakes. If you are adding fibre to your day via supplements or natural sources, it is important to consume ample amounts of fluids to help move the stools along.

For constipation lasting three or more days, individuals may choose to consume Milk of Magnesia and / or other laxatives and follow up with your care team or GP if the issue persists.

**Stretched Pouch (Dilatation)** – this problem may be associated with eating too quickly, swallowing bites of food that are too large, not chewing food well or continuing to eat past the point at which satiety has been achieved. We recommend that you choose a smaller portion of food, chew it well, eat slowly and waiting 45 seconds between bites of food. If you are not satisfied with the quantity of food, you may need to have an adjustment. If you continue to eat until you are full or uncomfortable, you may stretch the pouch of stomach above the band, and even the esophagus. Having a stretched pouch may lead to problems that may require a revision or replacement of your Lap-Band.

Typical symptoms of pouch dilatation include regurgitation of food at night or when you are lying down, persistent heartburn, abdominal pain with eating, or difficulty with solid foods during some meals. Band slippage is rarely an emergency problem. If you develop symptoms that are concerning, please contact the nurses immediately.

**Reflux** – this is commonly caused by the Lap-Band being too tight and stomach acid refluxing back into your esophagus. Mild reflux can be treated with medications or dietary changes. If the reflux is severe or persistent, please call the clinic to assess whether you require some fluid removed from the band on a temporary basis. Persistent severe reflux can lead to damage of the lining of the esophagus.

**Maladaptive Eating** – occurs when individuals purposefully or subconsciously alter their behavior and/or the texture and consistency of their food to bypass the functionality of the Lap-Band System. You may find the types food that you can comfortably consume are soft, slider, soupy, mushy and liquid type textures. Other behaviours include, but are not limited to:

- 1st bite syndrome – when the initial bite is so large that it causes individuals to obstruct, feel pain/pressure during the transition to the stomach, and/or regurgitate the item which typically happens when people wait too long to eat and are absolutely famished. This leads to the rest of the meal being limited to liquids.

- Using the band to facilitate the ability to regurgitate food

- Using liquids to flush food across the band by holding food in one’s mouth until you take a sip of fluid and then swallowing.

You may not feel a sense of satiety with these liquids and if the liquids are high in calories, it may lead to a plateau in weight or even weight gain.

Removal of some fluid from the band will allow you to eat solid foods and return the sense of satiety with restricted caloric intake. If you notice that you are only able to drink liquids, it is very important you contact the nurses, so they can assess whether you may benefit from a de-fill. Having the Lap-Band too tight does not lead to improved weight loss and may lead to chronic problems of pouch dilatation or band slippage.

**Hair Loss** – hair loss is a potential side effect of any surgical procedure. It may be several months after the procedure before you notice any hair loss and several months more until you see the hair start to grow back. Although the causes of hair loss are not completely known, it may be more common in weight loss patients due to the fast-paced, significant changes in the body or patients making suboptimal nutrition choices. The Lap-Band
procedure does not interfere with the body’s ability to absorb or use vitamins, minerals and nutrients; therefore, it is important that individuals consume the recommended amounts of protein daily with high fibre compliments and, if authorized by their GP and/or pharmacist to do so, a multivitamin as well.

**Weight Regain** – this is very unusual after the Lap-Band procedure and may occur if the Lap-Band is not adjusted properly (too tight) or if you consume large amounts of high calorie liquids such as chocolate, ice cream, milkshakes, fruit juice or alcohol.

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### Exercise & Movement

#### Why Are Exercise & Movement Important?

Exercising (movement) each day is important to improve your cardiovascular health and will help your body use more calories each day. If you are following the food guidelines, you are already controlling the amount of calories coming into your body. By increasing your daily activities (movement) and exercising, you will increase the difference between the calories coming in and calories going out. Once you have reached your goal weight, exercise plays an important role in helping you to maintain your weight and health. Exercise also helps you build muscle mass while you are reducing fat.

Regular exercise will also increase your cardiovascular fitness, which means that your heart and lungs will have more endurance. Regular exercise can help you reduce your risks for health problems like heart attack, stroke, diabetes and high blood pressure. If you already have these health problems, exercise will make it easier to control them.

When you choose an activity, you should perform it continuously for at least ten minutes. Once you have improved your cardiovascular fitness, you should increase the duration to 20 – 30 minutes or more.

Increasing your daily activity by parking further away from stores or taking stairs instead of elevators can increase how many calories you are burning. This form of increased movement is very beneficial. Performing any physical activity for a prolonged duration will give your heart and lungs a good work out.

#### 6 Great Ideas for Exercise

1. **Walking** – walk around your neighborhood, local park, high school track or use a treadmill. You can walk by yourself, with a friend, a group or at a local gym.

2. **Biking/Cycling** – you can ride your bike around your neighborhood or at a local bike trail. You may also use a stationary bike at home or at the gym.

3. **Aquafit** – many local swimming pools or clubs offer pool based exercise programs. These are helpful if you have arthritis or joint pain that keep you from participating in a land based exercise program.

4. **Team Sports** – many local churches or gyms may have basketball, baseball or tennis teams you can join.

5. **Group Classes** – local gyms usually have a variety of classes such as step aerobics, yoga or Pilates. All of these are safe after the Lap-Band procedure.

6. **Game Consoles** – enjoy the benefits of Wii Fit or other similar products in the comfort of your home.

#### Exercise Guidelines

**Always Be Safe** – If you are exercising alone, make sure that a friend or family member knows where you are going and the time of your expected return. Always wear your medical identification bracelet if you have health problems such as allergies, diabetes or high blood pressure. Make sure that you have comfortable shoes that have good cushioning for your joints. Wear loose, comfortable clothing that will keep you cool in the summer and warm in the winter.
Always Have Warm-Up & Cool-Down Periods – these periods should last about 5 minutes before and after you exercise. You should do the same activity that you are planning to do for exercise, but at a slower rate.

Start Slowly – over a period of several months, you should be able to gradually increase both the intensity and duration of your exercise. Please see Sample Walking Program at the end of the Patient Guide.

Avoid Exercises That Causes You Pain – if you are experiencing pain, decrease the amount of time you are exercising or change to a different type of exercise. If the pain continues, please consult your family physician.

Target 30 Minutes A Day – when you first start exercising, you may not be able to do all 30 minutes at once. Try breaking your exercise into three 10 minute sessions then gradually increase your time until you can exercise 30 minutes at a time.

Behaviour Modification Techniques

You may feel overwhelmed by the behavioral changes necessary to properly utilize the Lap-Band. Motivation is the first step toward change. Listed below are several additional ways to help you in the behavioral change process.

Develop well defined and realistic visions. Generate visions of how you wish to feel, look and what you hope to be able to do in one, three and five years from now. Refer to them when you face challenges along the way.

Identify benefits and motivators. Write them down as a reminder of your goals and keep this list handy. Always recognize the goals you have successfully accomplished and try to understand what will increase your likelihood of future success.

Set small goals to fulfill your vision. Goal setting is an important part of behavior change. Goals give direction, help monitor progress and make you accountable to yourself and perhaps to others. Document your successes and allow yourself the opportunity to build your confidence. This will give you encouragement and strength to continue toward your long-term vision.

Make a commitment to yourself to change. Share that promise with someone else that you can depend on for support.

Reach out to family and friends for social support. The larger the network that supports you the greater the likelihood of success.

Replace behaviors. Replace unhealthy behaviors with healthy ones. With the right environment and proper social support, you have the capacity to make healthier choices.

Reward yourself! When you reach any goal (no matter how small) celebrate your success with a reward such as a new piece of clothing, a good book, a visit with a friend, or a movie out.

Do NOT berate yourself for setbacks. Remind yourself of what is working so you can rebuild your confidence to continue toward your goals and visions. You have the answers!

Identify your strengths and employ them to overcome weaknesses.
Recognize obstacles that may interfere with success and formulate strategies to overcome your obstacles. Avoid self-sabotage. Remain focused on your goals. Replace negative thoughts with positive ones. When we feel positive, we act positive which enables us to take the necessary action toward change.

It is important to note the impact of stress on behavior. Stress is a stimulant. Good stress keeps us energized, excited or motivated. Bad stress, known as distress, overwhelms us resulting in anxiety. It is crucial that you
engage in activities or behavior change that help you channel stress so that you do not become anxious or bored. Meditation, exercise, positive self-talk, laughter, journaling, experiencing nature and getting fresh air are among examples that you may find beneficial.

As you manage your weight loss behavioral goals, be mindful of your habits. Pay attention to how, what, when, where and how much you eat. Consider the following useful tips to aid your effort toward mindfulness:

- Do not eat in front of the television or while reading.
- Pre-portion your food and put the package away.
- Keep tempting foods out of the house or at best, out of sight.
- Do not go to the grocery store hungry.
- Make a grocery list before grocery shopping. Know exactly what you need and do not deviate from your list.
- Use smaller plates, bowls, glasses and cutlery.
- When you have achieved a goal treat yourself to something whimsical, unique or special to you.
- Always have healthy foods available. In an effort to prevent family members from consuming your foods consider having a cupboard dedicated solely to you. Keep healthy, pleasurable, ANY TIME snacks readily available.
- Focus on activities other than eating such as those that bring you pleasure, make you laugh or that energize or revitalize you.
- Brush your teeth after meals or if you feel the desire to eat.
- Do not eat standing at parties and do not stand at the food table at buffets.
- Offer to bring a healthy food item (or two) to a party or family function. It will ensure that you have something to enjoy and it will reduce the temptation to snack on unhealthy alternatives.
- Do not hesitate to specify special dietary requirements when dining out. Most restaurants are used to tailoring menus for people with special dietary needs. This will help family and friends embrace and support your need for change. You may find that your new habits become contagious and others will benefit from observing your new routine.
- Keep a lifestyle diary so you can observe your own patterns and successes.

The factors that contribute to good physical and mental health are simple: get enough sleep and regular physical activity, eat regularly and healthy, avoid distress, smoking and other substance abuse. Practice positive self-talk and recognize your good qualities and successes daily. Focus on positive behavior change in order to feel better about yourself and to enjoy your road to a new healthy lifestyle. Always remember to treat yourself with patience and acknowledge that new behaviors bring new challenges.
# Sample Walking Program

<table>
<thead>
<tr>
<th>Warm Up</th>
<th>Activity</th>
<th>Cool Down</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SESSION A</strong>&lt;br&gt;Walk slowly 5 min.</td>
<td>Then walk briskly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>15 min.</td>
</tr>
<tr>
<td><strong>SESSION B</strong>&lt;br&gt;Repeat above pattern</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SESSION C</strong>&lt;br&gt;Repeat above pattern</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Continue with at least three walking sessions during each week of the program.

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12 &amp; Beyond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
<td>Walk slowly 5 min.</td>
</tr>
<tr>
<td>Then walk briskly 7 min.</td>
<td>Then walk briskly 9 min.</td>
<td>Then walk briskly 11 min.</td>
<td>Then walk briskly 13 min.</td>
<td>Then walk briskly 15 min.</td>
<td>Then walk briskly 18 min.</td>
<td>Then walk briskly 20 min.</td>
<td>Then walk briskly 23 min.</td>
<td>Then walk briskly 26 min.</td>
<td>Then walk briskly 28 min.</td>
<td>Then walk briskly 30 min.</td>
</tr>
<tr>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
<td>Then walk slowly 5 min.</td>
</tr>
<tr>
<td>17 min.</td>
<td>19 min.</td>
<td>21 min.</td>
<td>23 min.</td>
<td>25 min.</td>
<td>28 min.</td>
<td>30 min.</td>
<td>33 min.</td>
<td>36 min.</td>
<td>38 min.</td>
<td>40 min.</td>
</tr>
</tbody>
</table>