

# ALLURION BALLOON

## Diet and Lifestyle Advice

This booklet has been written to guide you through your weight loss surgery journey. It will be used to reinforce the information provided by your dietitian. The booklet will cover pre-surgery preparation and post-surgery dietary progression.

BODY GENESIS

INSTITUTE

## Prior to your procedure:

- It is important to follow these steps prior to your Allurion gastric balloon placement, to ensure that your stomach is completely clear of any food particles when the balloon inflates and to limit the common side effects of nausea.

| | |
|---|---|
| **24-48 hours** prior to balloon placement | Make sure to keep hydrated<br>Aim to drink at least 2L/day<br>Spread your fluids across the day |
| **10-12 hours** prior to balloon placement | Limit your fluids to clear liquids only<br>Make sure to stop eating solid foods |
| **2 hours** prior to balloon placement | Stop all liquids |

Recommended clear fluids 10-12 hours prior to placement:

- Water
- Tea (herbal or decaf)

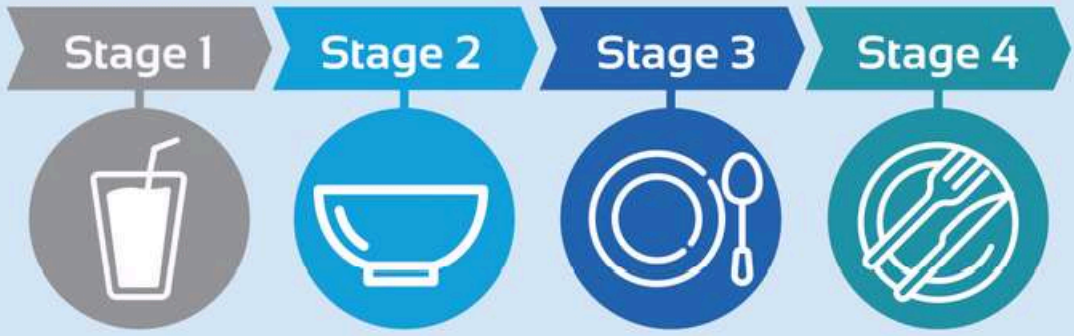
Tips:

- Avoid wearing jewellery as it can impact imaging
- Limit lipstick/lip balm as they can stick to the capsule

Your notes:

# Your Diet After Procedure

- Over the next week, there is a texture modified diet to:
  - Reduce the risk of causing damage to the stomach from frequent vomiting
  - Allow time for you to get used to eating with your smaller stomach




**Clear Liquid Diet** **Liquid Diet** **Soft Diet** **Solid Foods**

## Tips for texture progression:

Purchase smaller plates/bowls and containers
Start looking for recipes for each stage
Start preparing some recipes and store them
Remember if you try something and it doesn't sit well, you may not be ready for that texture just yet.

Take your time with each stage and speak with your dietitian if you have any concerns or questions.



## Stage 1
### Clear liquids (Day 1)

- For the first 24 hours post balloon placement, continue with clear fluids.
- The first few days after balloon placement are the most difficult, as it is common to experience symptoms of nausea, cramping and general discomfort. This is due to your body adjusting to the addition of a foreign object. This will settle in a few days.

**Recommended clear fluids:**

- Water
- Tea (herbal or decaf)
- Clear broth
- Isotonic sports drink (no sugar)

**Avoid:**

- Caffeine (this can cause dehydration)
- Milk
- Carbonated beverages (these will make you feel bloated and uncomfortable)
- Alcohol (this can irritate the stomach and also provides no nutrition)
- Fluids with excess sugar as these will slow weight loss

**Tips:**

- Take small frequent sips every few minutes
- Aim for 2L/day by the end of the first week
- Room temperature fluids can assist with stomach cramps
- Hydralyte can assist with replacing electrolytes if you are vomiting

# Stage 1
## Full liquids (Day 2-3)

- After the first 48 hours, you can begin to transition to free fluids.
- If you are struggling with tolerance, transition back to clear fluids for 24 hours and then try again.

Texture:

- To be considered a liquid it should be thin enough to pass through a straw
- It is important to focus on nourishing fluids such as high protein fluid, and also hydrating fluids, as shown below.

| HIGH PROTEIN FLUIDS: | EXAMPLES: |
|---|---|
| Aim for 2-3 x cups in total over the day.<br><br>Key notes:<br>*To be considered a high protein liquid it must contain a protein source, for example:*<br>-Dairy<br>-Meat<br>-Fish<br>-Tofu<br>-Eggs<br>-Legumes/Lentils<br>-Protein Powder | Meal replacement shakes e.g. Formulite or Optifast |
| | Homemade Smoothies<br>e.g. 1 x cup of high protein milk with berries + ½ banana<br>e.g. 1 x cup of water with berries + spinach + 1 x scoop protein powder. |
| | Homemade Soups:<br>Tip: Blend your soups do not strain to retain all nutrients.<br>e.g. Lentil and vegetable soup<br>e.g. Lamb and vegetable soup |
| | High Protein Milk |
| | Low sugar high protein yoghurt drinks<br>e.g. Yo-pro, Chobani |
| | Sanitarium Up and Go no added sugar |

| HYDRATING FLUIDS: | EXAMPLES: |
|---|---|
| Aim for ½ cup every 2 hours.<br><br>Key notes:<br>Remember to sip your fluids and not to gulp. | Water |
| | Tea/Coffee Decaffinated |
| | Clear Broth<br>e.g. Bone Broth |
| | Oral rehydration solution<br>e.g. Hydralyte |
| | Vegetable Juice |

| AVOID THESE LIQUIDS: | EXAMPLES: |
|---|---|
| | Fizzy or sparkling drinks<br>-These will make you feel bloated and uncomfortable |
| | Alcohol<br>-This can irritate the stomach and also provides no nutrition |
| | Fluids with excess sugar as they will slow or prevent weight loss<br>e.g. fruit juice, coconut water, powerade/gatorade |
| | Any liquid with lumps and bits in it |

## Example meal plan:

- The example below is only a sample plan.
- It is important to listen to your body and not force liquids in
- Choose options that you enjoy and spread them through your day as it suits you.

| | |
|---|---|
| **Breakfast:** | 100-250mL Meal replacement shake (Formulite) |
| **Morning Tea:** | 100-250mL water/tea/coffee |
| **Lunch:** | 100-250mLHomemade lentil and vegetable soup |
| **Afternoon Tea:** | 100-250mL water/tea/coffee |
| **Dinner:** | 100-250mL Sanitarium Up and Go no added sugar variety |
| **Supper:** | 100-250mL water/tea/coffee |

Your notes:



## Stage 3
### Soft foods (Day 3-4)

- If you are tolerating puree textures with no discomfort, you can begin to trial soft textures over the next few days.
- However, if you are struggling with tolerance, transition back to puree textures for 24 hours and then try again.

Texture Tip:

- You no longer need to puree your meals. Soft food should be soft enough to be broken apart with the side of a fork.
- Remember to eat slowly, chew well and stop as soon as you feel satisfied

| HIGH PROTEIN SOFT OPTIONS: | EXAMPLES: |
|---|---|
| • Aim for 1/3 – 1/2 cup x 3 per day | Casseroles, slow cooked meat or mince meat |
| | Steamed fish with sauce |
| Key notes:<br>*To be considered a high protein liquid it must contain a protein source, for example:*<br>-Dairy<br>-Meat<br>-Fish<br>-Tofu<br>-Eggs<br>-Legumes/Lentils<br>-Protein Powder | Frittatas, zucchini slice, crustless quiche |
| | Soft Tofu |
| | Pulses such as chickpeas, kidney beans, baked beans |
| | Weetbix or porridge |

## Tips:

1. Use a teaspoon to help slow down.
2. Take your time, aim for 15 minutes per meal. Leave your meal if it takes longer than this
3. Prepare soft meals in advance and freeze in containers or ice-cube trays
4. Wait 20-30 minutes between food and fluids.

## Example meal plan:

- The example below is only a sample plan.
- It is important to listen to your body and not force food in
- Choose options that you enjoy and spread them through your day as it suits you.

| | |
|---|---|
| **Breakfast:** | ½ weetbix or zucchini slice or 1/3-1/2 cup porridge made with milk |
| **Morning Tea:** | 100-250mL water/tea/coffee |
| **Lunch:** | 1/3-1/2 cup lentils with well-cooked vegetables |
| **Afternoon Tea:** | 100-250mL water/tea/coffee |
| **Dinner:** | 1/3-1/2 cup steamed fish with sauce and well-cooked vegetables |
| **Supper:** | 100-250mL water/tea/coffee |

Your notes:



## Stage 4
### Solid foods (Day 5 onwards)

Transition:

- Transitioning onto solid textures typically occurs within 1-2 weeks
- When you are comfortably managing a soft diet, you can begin to transition to solid textures.
- You are now at the end of your dietary transition. You can start to reintroduce a variety of solid food. It is important to start focusing on developing long-term, sustainable healthy habits.

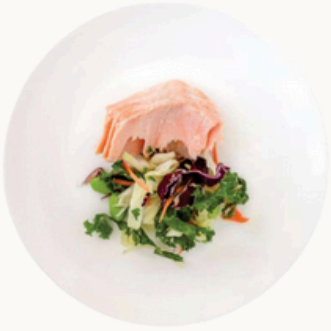
Portion size progression:

As you progress through your journey, your portion size will begin to adjust and you will be able to tolerate more food. It is important to listen to your body cues and stop eating once you are satisfied.

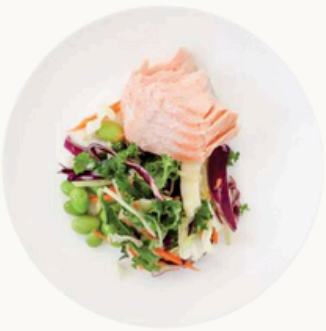
| TIME POST SURGERY | PORTION SIZE |
|---|---|
| 1 week | 1/3-1/2 cup |
| 2 - 4 weeks | 1/2-3/4 cup solid textures |
| 1 month onwards | 1 x cup (bread and butter plate) |

Fluids:

- Aim for 1.5-2L/day
- Sip on fluids regularly throughout the day



**1/3 cup**



**1/2 cup**



**1 cup**

shown on a side/bread and butter plate

## Do not eat and drink fluids at the same time:

Avoid drinking fluids 20-30 minutes before and after your meal. There are a few reasons for this:

1. Drinking fluids with food can overfill your stomach, cause discomfort and even cause vomiting. If you feel food is stuck, taking a sip of water can make this worse. It is best to keep food and fluids separate in the early stages

2. Filling up on drinks at mealtimes will reduce the amount of space for nutritious food in your stomach. It is important to prioritise nutritious foods at mealtimes and keep drinks to in between meals.

## We recommend you plan to eat every three to four hours after your Allurion balloon procedure

Eating at regular intervals throughout the day helps to:

1. Keep your appetite controlled and your energy levels stable. This helps prevent overeating or choosing foods impulsively

2. Provides several opportunities to include a wide range of foods into your diet, to meet your body's nutrition needs and prevent deficiencies from developing

As a planned meal or snack time is approaching, ask yourself "Am I Hungry?"
A quick scan of how you are feeling physically will assist you to identify feelings of hunger and help guide you towards food choices that best satisfy this feeling. e.g. yoghurt and fruit are more satisfying than rice crackers.

If you realise you aren't feeling hungry at all, try and label what it is that is making you want to eat.
**Common non-hungry reasons for eating include:**

- boredom
- situational eating i.e. because everyone else is eating
- availability eating i.e. because there are biscuits sitting out next to the tea and coffee
- to escape from feelings of stress/overwhelm

Eating for non-hungry reasons should be avoided as it may stall your weight loss or contribute to weight regain. If you're finding it difficult to get on top of these eating habits, please reach out to our supportive team of dieticians, and coaches for support. You don't have to go it alone.

# Common Symptoms to look out for after your Balloon placement

| Common symptoms to be expected | |
|---|---|
| *Nausea/Abdominal pain/Vomiting:* | • It is common to experience these symptoms in the first week post balloon placement. This is due to your stomach not being used to having a balloon in place.<br>• You will be provided with medication to assist with these symptoms.<br>• To help manage nausea, try to move around as this will help move food from your stomach. |
| *Reflux/Heartburn:* | • Make sure you are taking your antacid medication for the 4 months of balloon placement.<br>• Symptoms of reflux and heartburn typically occur due to eating too much at one time or eating too quickly. It is best to limit or avoid carbonated beverages, caffeinated drinks, alcohol and acidic foods as these can trigger reflux.<br>• Try to slow down your pace of eating, volume of food and limit food triggers. |
| *Dehydration* | • Signs of dehydration include increased thirst, urine that is dark in colour, has an odour and low volume. Try to sip more frequently through the day or take a rehydration solution such as Hydralyte.<br>• Aim for a total of 1.5-2L/day of fluids. |
| *Abdominal cramps only:* | • If you experience abdominal cramps without vomiting and nausea, this can be a sign it is time to progress to the next texture as these are often hunger cues. |
| *Bad Breath* | • If you are experiencing bad breath, this is often a sign that food is stuck to your gastric balloon. Try and drink two glasses of water 30 minutes after eating to wash away food particles from the balloon. It is also effective having a glass of soda-water after eating to clean the balloon |
| *Changes in bowel habits* | • You will be eating much smaller of food after Allurion balloon, therefore it is likely that your bowels will open less often. This is not a problem unless you experience pain, straining or difficulty during bowel motions. In addition to your fibre supplement, you may need a laxative. Speak to your dietitian for advice. If your bowles are looser than usual, this can be part of the setting down phase after the procedure. Continue with your fibre supplement and make sure you remain hydrated. Contact your dietitian if you have any concerns |

| Non common symptoms seek advice | |
|---|---|
| Nausea/Abdominal pain/Vomiting: | • If you are experiencing frequent vomiting, nausea and abdominal discomfort with no known cause, contact your surgeon or dietitian. |
| Reflux/Heartburn: | • If you are taking your reflux medication and are avoiding common food triggers and still experiencing symptoms contact your surgeon or GP. |

## Recommended products post your procedure:



Vitamin and mineral supplementation:

- Your food intake is limited when you have a gastric balloon in place, which can make it difficult to meet all your nutritional needs. To reduce the chance of deficiencies, we recommend taking a daily multivitamin over this time period. Start taking a multivitamin once you are comfortably tolerating a soft diet (approx. 2 weeks after

Examples:

- BN capsules
- Swisse Ultivite (50+ or 65+)
- Blackmores 50+
- Nutrichew
- Nutrifuel

Fibre:

- It is important to commence a fibre supplement after your procedure
- Fibre supplements assist in maintaining regular bowels, promote the feeling of fullness and support good gut health.

| Recommendations: | *Available from the chemist or supermarket* |
|---|---|
| | • Benefibre<br>• Metamucil<br>• Normafibre<br>• Feel Good Fibre<br>• BN Fibre |

## Long-term diet quality:

It is important to consider long-term dietary habits to achieve sustainable results

## Protein:

- Protein plays an essential part in your diet - it plays a role in recovery and helping you to feel full for longer and maintain lean muscle mass.
- You can get protein from a variety of food-based sources as shown below and from protein powders.

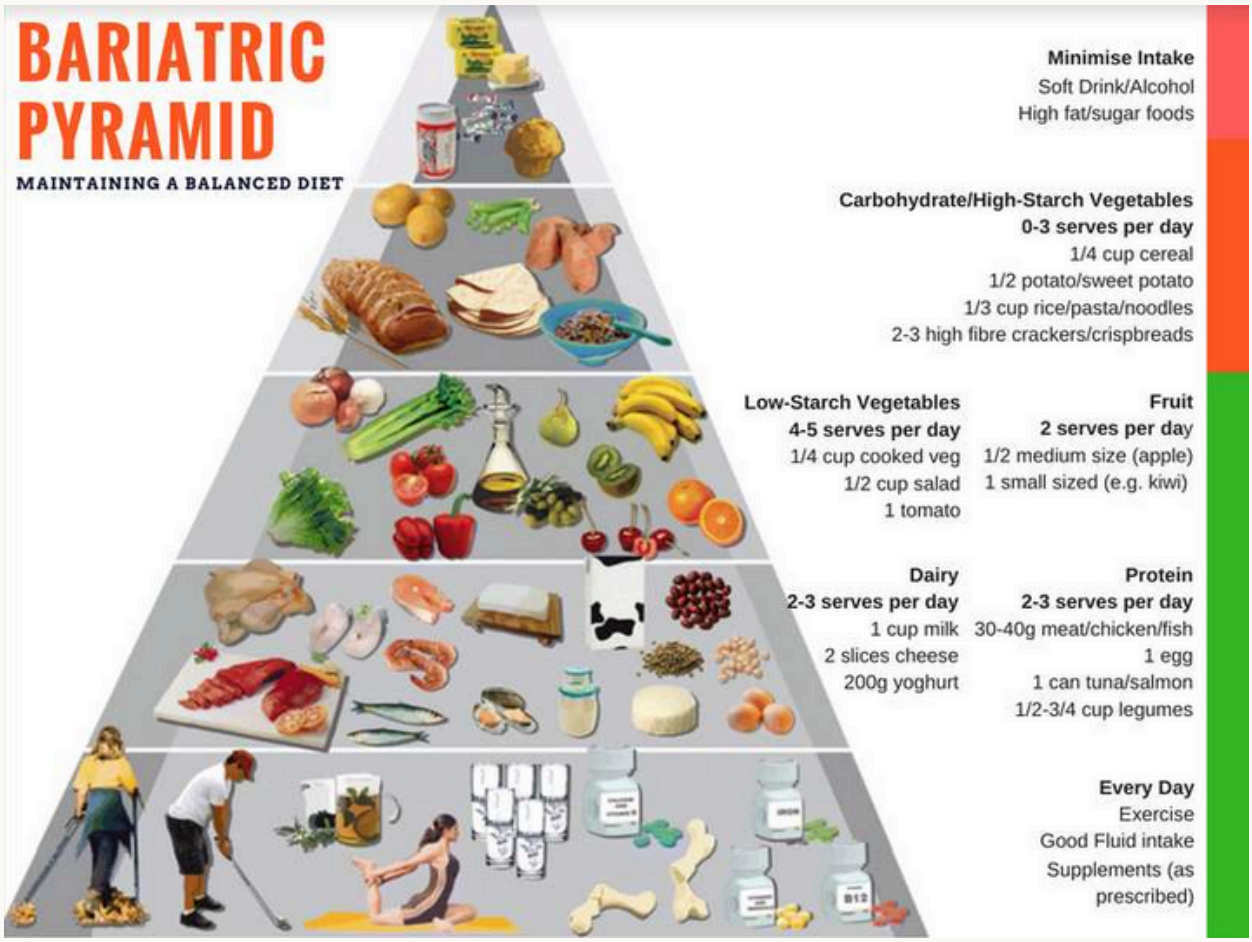


## Food Pyramid:

The pyramid highlights the importance of healthy eating and the distribution of food groups.

The bottom of the pyramid highlighted in green outlines the importance of water intake, exercise, lean protein sources, salad, vegetables and fruit.

The top of the pyramid highlighted in red outlines food options we are required to limit in the diet including grain-based options (pasta, rice, bread), starchy vegetables (potato) and discretionary snacks (soft drink, lollies and chips)




## Alcohol:

Alcohol can be an enjoyable part of your social life or at family meal times, however, great care needs to be taken as it can increase your appetite and provide additional calories which may slow or inhibit weight loss

If you do drink alcohol, it is recommended that you limit your intake to one standard drink per day and have at least two alcohol-free days per week

## What should your plate look like longterm?

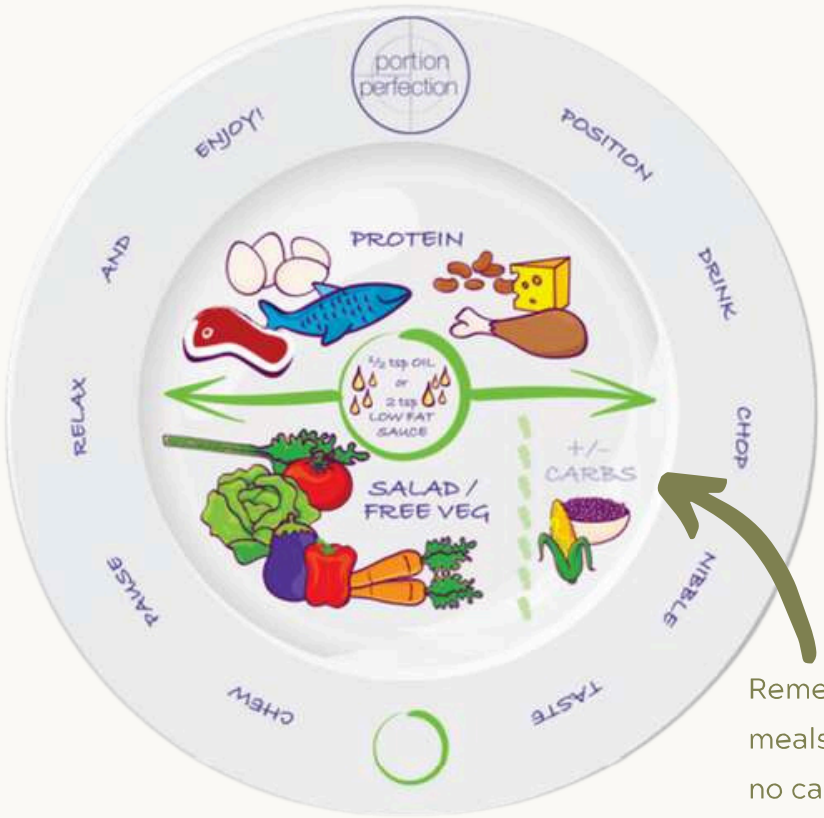
Once you are around 1 month post procedure, your portion size will be around the size of a bread and butter plate. The image below is an example of how your plate should look.

Remember we only need to eat until we are satisfied. We do not need to finish everything on the plate or eat until we reach fullness.

½ of your plate should consist of a lean protein source. Fill the rest of your plate with low starch vegetables/salad and no more than 2 tablespoons of carbohydrates (e.g., rice/pasta/potato).

Carbohydrates have the benefit of making us feel full. It has been recommended to reduce your carbohydrate portions, aim to increase the amount of low starch vegetables/salads to help you feel full.

Aim for 1-2 meals in a day that have no sources of carbohydrates. this will assist you in limiting your carbohydrate intake and reduce your calorie intake in your diet.




Remember to aim for 1-2 meals each day which have no carbohydrate serves.

*Total portion of your plate should be equal to approximately 1-1.5 cups



## Additional Services

### Exercise Physiology

Physical activity can improve physical, social and mental wellbeing. People who increase their exercise after surgery experience greater changes in weight and quality of life outcomes. The period before surgery is an ideal time to start making changes that will help maintain physical activity levels after surgery.

Our exercise physiologist can help you learn how exercise can fit into your day so that it can become a daily habit. There are different forms of exercise, so it is important to have a plan specific for you. You will learn a range of technologies to ensure the exercise plan you implement is achievable in the long-term.

### Healthy habits coaching

To achieve lasting results from your surgery, we recommend the whole team's support. Our Healthy Habits Coach specialises in strengthening a positive mindset, creating healthy habits, and designing strategies that suit the individual.
Lack of routine, discipline, and complex subconscious programming may lead to weight regain, even after surgery. Working with a dedicated coach can provide the reset needed for long-term success.

Reasons to consider coaching support:

- You need some professional support to get your eating back on track
- You are feeling 'out of control with your eating'
- You are eating in response to stress
- You believe that you are self-sabotaging with food
- You have concerns about your body image
- You are worried you might not be satisfied with your overall weight loss
- Weight loss surgery has affected personal relationships

## Advice for Newbies

Here are some tips to support you through your journey:

1. Take lots of photos, take your measurements... find different ways to measure your progress rather than just the scales. You might still be making progress even while the number on the scale isn't changing as much as you'd like - it's a real mind game!

2. Slip-ups happen. Give yourself forgiveness and compassion. Most of us have some disordered eating habits that stay with us. Tomorrow is a new day. Reset and get back on track.

3. Stay true to your WHY. Remove the focus from what others think about your journey and start focusing on you. Your journey is your own.

4. Don't do it alone. Reach out to different communities (Instagram, Facebook, Support Groups). You are going to need people around you who REALLY get it; people who truly understand you.

5. The first few weeks can be really tough, but it does get better and you will start to feel more like yourself in time. Stay positive!

6. Trust your team and trust the process - It does work! Ask them questions, problem-solve together. There are no silly questions!

7. Take some time to explore recipe pages and cookbooks so everyone can enjoy the benefits, rather than feeling isolated by eating a different meal to everyone else.

8. Remember: You may not be where you want to be just yet, but you are so much closer than you were. Things may not always be easy, but they have been made POSSIBLE.

9. Set clear goals for both the short and long term. The more detailed your goals and action plans are, the easier it is to achieve.

## Your pre procedure checklist

☐ **Have you connected with us on social media?**

Connect with us on social media!

we post lots of great content here to help you along the way

- ☐ Facebook public page
- ☐ Instagram page - Encourage family and friends to join too, so they can learn more about your weight loss surgery journey!

**Have you purchased your required supplements and products?**

- ☐ Multivitamin
- ☐ Fibre Supplement

☐ **Have you purchased smaller plates, bowls and containers?**

| | |
|---|---|
| **SOCIAL MEDIA PAGES:** | Facebook: https://www.facebook.com/weightlosssurgerysupport/<br>Instagram: https://www.instagram.com/weightlosssurgerysupport/<br>VIDEO GUIDES/RECIPE BOOKLET: We have created a range of video guides and e-books which provide you with<br>tips and recipes for each of the stages pre and post-surgery. |
| **BOOKS:** | **Shed It For Good**<br>https://centreforweightloss.com.au/product/shed-it-for-good/<br>**Creating A New You**<br>https://barinutrics.com.au/collections/accessories/products/creating-a-new-you-24-week-journal-for-bariatric-surgery-patients |

Your notes:

Your notes:

# BODY GENESIS

## INSTITUTE

WEIGHT LOSS AND GUT HEALTH SOLUTIONS

**"Weight Loss procedures don't work... unless you change your mindset and habits"**
**~ Monique Davey BEd,**
**Healthy Habits Coach**


**T:** 03 9466 7799
**F:** 03 8080 9849
**E:** admin@bodygenesis.com.au
**W:** https://centreforweightloss.com.au/

**Bundoora**
**Centre for Weight Loss**
**213, 12 Ormond Blvd,**
**Bundoora VIC 3083**

**Wheelers Hill**
**Suite 201, Level 2 Wheelers Hill Business Centre, 202 Jells Road Wheelers Hill 3150**