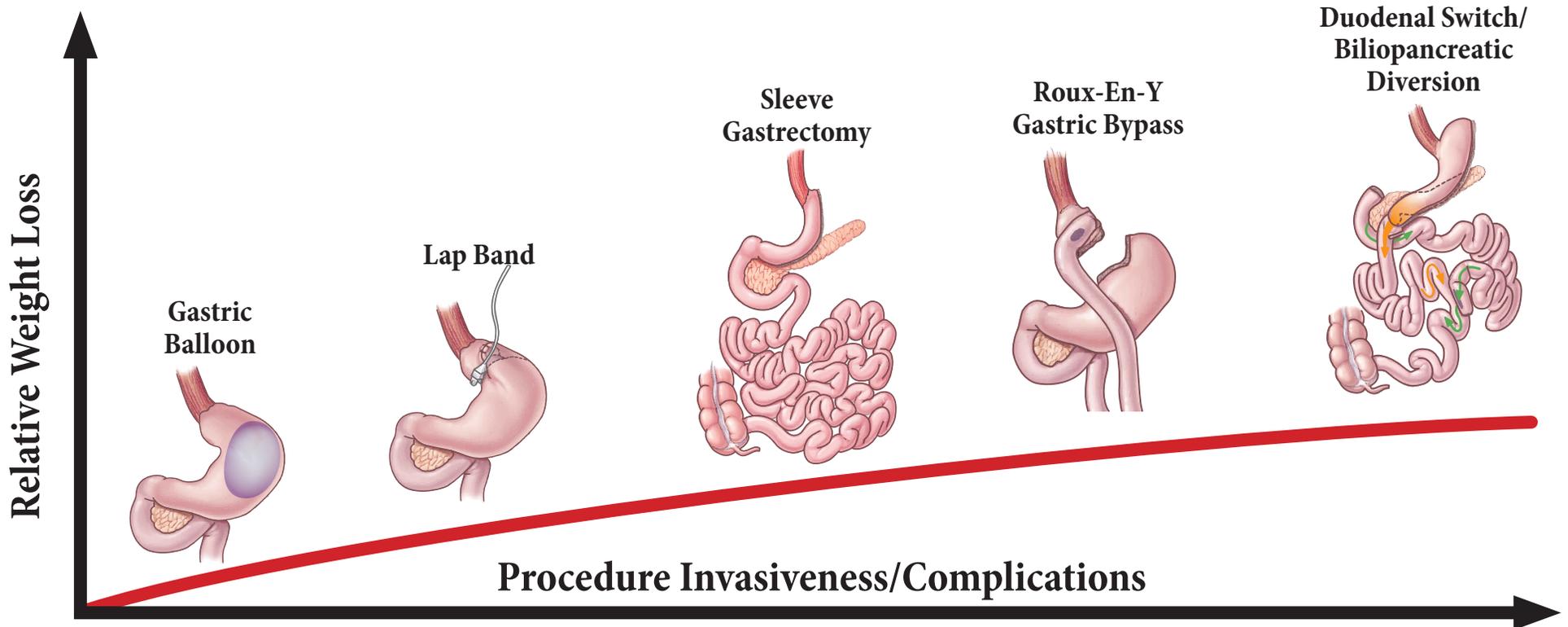


# Metabolic/Bariatric Procedure Comparisons



## Gastric Balloon

- Daily Multi-Vitamin
- Eat slowly stop when full
- FDA approved for only six (6) months

## Lap Band

- Requires commitment to life-long follow-up
- Three meals per day (high protein/low carb) - initially liquids with gradual transition
- Will require periodic band adjustments
- Eat slowly, chew well, and stop when full
- Daily Multi-Vitamin
- 64 oz. of water throughout the day
- Avoid high calorie drinks, carbonated drinks, and alcohol
- Avoid stringy vegetables, sticky foods, large chunks of meat, crunchy foods such as popcorn and nuts

## Sleeve Gastrectomy - Gastric Bypass - Duodenal Switch

- Requires commitment to life-long follow-up
- Avoidance of carbohydrates/refined man-made sugars and alcohol
- Diet of high protein, low fat, and low carb - avoid carbonated beverages
- Eat slowly and stop when full
- No drinks 30 minutes before or after a meal. Aim for at least 64 oz. of water throughout the day.
- Lifelong Multi-Vitamin Supplementation: Folate, B12, B1, Iron, Calcium, Vitamins D, A, E, K, Zinc, and Copper
- Three small meals per day/avoid drinking immediately before/during/after meals
- Avoidance of ALL ulcerogenic drugs and No smoking
- Proton Pump Inhibitors (PPIs) - initially in the post-operative period
- Gallstone prophylaxis with ursodiol for six (6) months post-operatively
- Close post-operative follow up for de-escalation of diabetes/hypertensive meds
- Weight-based medication doses will likely decrease over time
- Avoidance of pregnancy for the first year



For more information on the VA/DoD Clinical Practice Guideline for the Management of Adult Overweight & Obesity, visit <https://www.healthquality.va.gov/guidelines/cd/obesity/>