

WLS Patient Quiz

Please use your binder to complete the following questions and bring your answers to your Pre-Surgery Clinic Appointment. The purpose of these questions is to assess your understanding of the post-surgery diet stages and what is expected of you after surgery.

1. How many grams of protein will you need to consume post-surgery and continue for the rest of your life?
2. How many cups of total fluids will you need to consume post-surgery and continue for the rest of your life?
3. What is the Stage 3 diet? When do you start the Stage 3 diet and how long do you follow it?
4. You should be on a chewable_multivitamin and mineral supplement for the first 4 weeks post weight loss surgery. True or False?
5. You will need to be on a multivitamin and mineral supplement for the rest of your life after weight loss surgery. True or False?
6. Stage 4 diet begins _____ weeks post-surgery. Food consistency is _____ for _____ weeks. You will need ____ - ____ grams of protein and _____ total cups of fluids every day.
7. Stage 5 diet begins _____ weeks post-surgery and ends _____. Food consistency is _____. You will need ____ - ____ grams of protein and _____ total cups of fluids every day. There should be at least _____ food groups at every meal (i.e., what should your plate look like).
8. How many minutes of exercise should you do per day?
9. When you progress to Stage 4 and 5, fluids should be consumed _____ meals.
10. How much protein is in the following:
 - 1 cup of milk
 - 1 oz chicken
 - A piece of chicken or fish the size of the palm of your hand
 - ½ cup of yogurt
 - 1 scoop of your protein powder
 - 1 cup of milk