



NUTRITION AFTER THE STOMACH BALLOON LIQUID Diet (1-3rd Days)

In order not to further increase the symptoms during the 3- 4 day stretch of stomach getting used to the balloon, a liquid nutrition program is applied.

E.g; Breakfast: Unsweetened compote juice Lunch and Dinner: Chicken broth/bone broth (no tomato paste, spices, oil, lemon, onion, garlic added)

Snacks: Lactose-free milk, buttermilk made from lactose-free yogurt, soy milk, protein-enhanced

* Since drinking liquids quickly can cause nausea, liquids should be consumed very slowly and in very small sips during this 3-4-day period.

* Juices of acidic fruits such as orange, tangerine, grapefruit and sour fruits such as sour cherry and pomegranate should not be preferred as they will increase stomach discomfort.

* All of the drinks should be clear, sugar-free and clear.

* You can drink clear, warm, unsweetened tea at this time; however, coffee should not be consumed.

Puree Diet Period (4-10. Days)

After the nausea has passed, a 3-4 g mash period should be started. Soft, mashed foods that have been passed through a blender are consumed during this period.

Breakfast: Smashed boiled egg and cheese with a fork

Lunch and dinner: Vegetable soups in blenderized meat/chicken/fish broth, boiled and blenderized chicken, vegetable dishes, mashed fish with a fork, thick soups

Snacks: Milk, yogurt, ayran, kefir, fruit Plireche, protein-enhanced milk yoghurt can be consumed easily in this period.



Solid Diet Period (10th Day And After)

After the stomach gets used to the balloon, it starts to eat normal; however, a regular diet is indispensable for applying a gastric balloon. In this period, since portion will be reduced, you will automatically implement the nutrition model of eating frequently and less.

In this period, it is important to follow a diet rich in protein, low in carbohydrates and fat, in order for the weight loss process to be fast and healthy.

It is important not to skip snacks during the day, to provide portion control in the main foods and for blood sugar regulation.

Foods such as milk, yoghurt, ayran and kefir containing protein should be given weight in the snacks.

Nutrition rules to be considered after Gastric Balloon Application:

The most important board to be considered in nutrition after gastric balloon application is to distinguish between solid and liquid. Liquids should not be taken 30 minutes before and 30 minutes after meals. In this way, you will prevent gastric expansion and malnutrition. Consuming acidic beverages should not be swallowed because it will cause stomach discomfort and also cause stomach enlargement. Tastes, unhealthy snacks, and foods containing refined sugar should be avoided.

Alcohol should be avoided as much as possible as it contains high calories and will increase reld symptoms. 2-2.5 liters of water should be consumed per day.



How should I adjust my portions after the balloon is inserted?

The gastric balloon is inflated in a different amount according to each person's weight and stomach volume. Therefore, the area occupied by the balloons in the stomach after gastric balloon operations differs. The best way to adjust the portion of food after the balloon is inflated is to test yourself. Definitely to eat after you are full while eating! You shouldn't force yourself. Nausea and vomiting may occur when you eat too much food. In order to prevent vomiting and not to expand the stomach, eating should be stopped after satiation.

Which foods should I use to minimize my nausea after gastric balloon and how to consume food?

In order to minimize nausea and cramps after gastric balloon, a liquid diet is applied in the first days. Thus, mechanical digestion will not be needed and cramps will be minimized. The severity of cramps may vary depending on everyone's pain threshold. In addition to anti-cramp and anti-nausea drugs, you can drink fennel or mint tea during this period.