



WEIGHT CHECK CONSULTATION

Your appointment

You have an appointment coming up for a weight check. This consultation consists of two group sessions: one with the dietician, and one with the specialist obesity nurse.

A weight check is a mandatory element of the preparatory phase.

Losing weight

Weight loss surgery is not without risk. Having an enlarged liver and/or a lot of abdominal fat increase the risk of complications both during and after the procedure. To prevent complications as much as possible, we recommend that you lose as much weight as possible in a healthy way during the treatment pathway, and that you follow a strict, mandatory diet starting two weeks before your surgery. During this preparatory diet, you will eat as few carbohydrates as possible. In other words, you will only eat raw and cooked vegetables, with a source of protein (such as chicken, meat, fish, egg or cheese) added in.

On the next few pages, you'll find a sample daily menu that you can follow while you are on this diet. This is followed by a list of foods that you can and cannot eat while you are on the diet. In doing so, it is important that you keep a close eye on the amount of carbohydrates you eat every day: no more than 30-40 g.

Following the preparatory diet will reduce the size of your liver and leave you with less abdominal fat. This creates more room inside of your abdomen, which reduces the risks of the surgery. To enable us to monitor this, we will check your weight shortly before your surgery.

What is means is that if you weigh more on the day of the surgery than you did on the intake day at the outpatient clinic, we may decide to postpone your surgery. We will only do so if we are faced with a clear medical risk, of course.

Important!

If you have diabetes and you are taking medicines to treat this (tablets and/or insulin), you will be at greater risk of low blood sugar (hypos) during the preparatory diet, due to the lack of carbohydrates. For that reason, you should contact the nurse or doctor treating your diabetes to adjust your insulin levels before you start.

Preparatory diet

Breakfast and lunch

	Product choices	Amount of carbohydrates per meal
Option 1:	2 eggs (boiled or fried) with 2 slices of roast beef/ham/chicken breast, 2 slices of cheese and 200 g of vegetables.	Approx. 5 g
Option 2:	Salad* containing 200 g of vegetables and 100-150 g of chicken/meat/fish (no batter). You can add 30 g of cottage cheese or Dutch cheese if you wish.	Approx. 5.5 g
Option 3: (once a day)	250 g of low-fat quark without sugar, with a sweetener or sugar-free syrup if you wish.	Approx. 12 g

Evening meal

	Product choices	Amount of carbohydrates per meal
Option 1:	200 g of vegetables with 100-150 g of chicken/meat/fish (no batter).	Approx. 5 g
Option 2:	100 g of cauliflower or broccoli rice or courgette spaghetti with 100 g of other vegetables and 100-150 g of chicken/meat/fish (no batter).	Approx. 5 g
Option 3:	200 g of vegetables with 100-150 g of meat alternative **	Approx. 8 g

Snacks – max. 3 per day

	Product choices	Amount of carbohydrates per snack
Option 1:	1 slice of cheese or 4 cubes of cheese	Approx. 0 g
Option 2:	2 Babybels	Approx. 0 g
Option 3:	1 boiled egg	Approx. 0 g
Option 4:	1 mug of broth ***	Approx. 0.5 g
Option 5:	10-15 olives	Approx. 0.5 g
Option 6:	1 serving of raw vegetables (70 g) without dressing	Approx. 1.2 g
Option 7:	4 slices of roast beef/ham/chicken breast	Approx. 1.2 g
Option 8:	2 slices of roast beef with 2 small gherkins	Approx. 1.2 g

Salad examples:

Caesar salad with chicken:
(5.5 g of carbohydrates/373 kcal)

150 g chicken
1 egg
30 g cottage cheese
100 g lettuce
50 g cucumber
50 g tomato
20 g grated carrot
Salt/pepper to taste

Chicory salad
(5.3 g of carbohydrates/300 kcal)
cheese

2 eggs
30 g mature
150 g chicory
35 g celery
1 tbsp vinegar
1 tsp curry powder
Salt/pepper to taste

Salade niçoise:
(6.1 g of carbohydrates/378 kcal)

150 g tuna in water
1 egg
10 g cottage cheese
100 g lettuce
70 g bell pepper
50 g green beans
20 g red onion
1 tbsp olive oil
Salt/pepper to taste

Examples for Option 2, hot meal:

Cauliflower rice stir fry:
(5.1 g of carbohydrates/385 kcal)

100 g cauliflower rice
100 g stir fry
vegetables
150 g chicken breast
¼ pouch Conimex Nasi
Goreng mix

Product choices

Main meals (1/2)	Permitted	Not permitted
Dairy (max. 250 ml per day)	Plain low-fat quark (0%) Campina low-fat quark (mango, lime, vanilla, coconut or plain) Optimel low-fat quark (0%) (strawberry, vanilla, lemon or apple and cinnamon)	Other types of quark Chocolate milk, yoghurt (drink), (butter)milk, kefir, coffee cream, nut milk, soy milk, custard etc. Crème fraîche, whipped cream, sour cream etc.
Vegetables	Cauliflower rice, broccoli rice, courgette spaghetti Green beans/runner beans Other vegetables (max. half an avocado per day)	Corn Legumes (all other beans, peas, chickpeas, lentils) Pickles
Meat/fish/poultry	Meat/fish/poultry (no batter)	Meat/fish/poultry (in batter)
Meat alternative **	Tofu (plain), seitan Meat alternatives (no batter) with max. 2 g of carbohydrates/100 g	Veggie burgers Other meat alternatives with more than 2 g of carbohydrates/100 g
Starchy foods	None	(Sweet) potatoes, bulgur, couscous, pasta, quinoa, rice etc.

Main meals (2/2)	Permitted	Not permitted
Bread and bread alternatives	None	Rusk, (low-carbohydrate) bread, Bambix/Brinta, all types of crackers (including homemade), croutons, egg cakes, porridge, corn thins, breakfast cereal, breakfast cake, rice cakes
Condiments (herbs/dressings/sauces)	Vinegar/oil Dried herbs, dried mixed herbs	Other condiments, including balsamic vinegar, ketchup, sweet soy sauce, mayonnaise, mustard, salad dressing, yoghurt dressing etc. Other mixed herbs
Sweeteners	Artificial sweetener	All types of sugar, agave syrup, maple syrup, honey, fruit squash etc.

Snacks	Permitted	Not permitted
Cheese	Babybel, hard Dutch cheese, cottage cheese	White cheese (feta, French cheese, mascarpone, mozzarella, cream cheese, ricotta etc.)
Meat	Ham, chicken breast, roast beef	Steak tartare, grilled/fried mince, vegetarian meat alternatives, sausages etc.
Broth ***	Bouillon cube, Opkikker	Cup-a-Soup and all other types of soup
Snacks	See snack list	Crisps, nuts, peanuts, seeds, party mix Chocolate (including dark), pastries, ice cream, cake, (sugar-free) sweets, sweet spreads
Chewing gum	Max. 2 pieces of sugar-free chewing gum per day	Other types of chewing gum
Fruit	None	All types of fruit, dried fruit

Drinks	Permitted	Not permitted
Drinks	<p>Water, tea, coffee (black)</p> <p>Crystal Clear (still), Dubbelfriss 1 kcal, Rivella, sugar-free lemonade</p> <p>Please note! Max. 4 kcal/100 ml and max. 1 l per day</p>	<p>Tea with sugar/honey, coffee with sugar and/or milk</p> <p>Alcoholic drinks, soft drinks, Ice Tea (green), lemonade, fruit-flavoured water, vitamin water, fruit juice</p>

Leaflets

During your treatment pathway for weight loss surgery, you will receive the following leaflets (in alphabetic order):

- Surgical treatment for severe obesity
- Physiotherapy after weight loss surgery
- Weight loss surgery: around the time of the procedure
- Weight loss surgery: preparing for the procedure
- Discharge from hospital following weight loss surgery
- Diet following weight loss surgery
- Weight check consultation
- One year after weight loss surgery
- Five years after weight loss surgery
- Eight weeks after weight loss surgery

You will be given all of these leaflets during your pathway, and you can also find them yourself on the following website:

www.franciscus.nl/obeistascentrum

Questions

If you have any questions after reading this leaflet or wish to schedule an appointment, you can contact the dietician at the Franciscus Obesity Centre. They are available between 09:00 and 10:00 every working day via telephone number +31 10 461 6620.

If you have any questions about your appointment, you can contact the Franciscus Obesity Centre between 08:30 and 16:15 on working days via telephone number +31 10 461 7264.