

**Orbera Gastric Balloon
Diet Protocol-First Week After Balloon Placement**

Nausea and/or vomiting can be a common side effect for several days after gastric balloon placement. To minimize this, please follow the diet progression as outlined below. If you have any questions please call or email us at rd@curryweightloss.com.

- **Days 1-3 – clear liquids**
 - Clear broth (chicken, beef, and vegetarian)
 - Sugar free popsicles
 - Sugar free gelatin
 - Water and/or ice chips
 - Crystal Light or Sugar Free Kool-Aid
 - Decaf Teas and Coffee
 - JourneyLite products (fruit drinks, protein bouillon, and hot beverages)

- **Avoid the following items days 1-3**
 - Carbonated beverages
 - Sugary drinks (sweet teas)
 - Citrus juices (orange, grapefruit, pineapple) and tomato juices
 - Juice drinks (Hawaiian punch)

- **Days 4-7 – Full liquid/Puree**
 - Protein Shakes (JourneyLite)
 - Yogurt (Carbmaster high protein, Lite and Fit Greek High Protein)
 - Milk (skim, 1%, skin milk, almond milk, soy milk) (all unsweetened)
 - V-8 juice, tomato juice
 - Scrambled eggs
 - Sugar free pudding
 - Cream Soup (strained) (cream of chicken, cream of mushroom, cream of broccoli)
 - JourneyLite Products (protein shakes and pudding, oatmeal, eggs, soups)

- **Avoid the following items days 4-7**
 - Foods with chunks or large pieces
 - Sugar desserts (ice cream, regular pudding, cream pies)
 - Carbonated beverages

- **Some Helpful Tips:**
 - Watch your posture during meals. Sit tall and don't slouch. This will help with tolerance.
 - Stop when you feel full. One additional bite may be too much.
 - Do not drink 30 minutes before a meal and nothing for 30 minutes after.
 - No eating starting 3 hours prior to bed.
 - Plan 3 meals and 2 snacks.
 - Use your medications as prescribed by the physicians.