

Weight regain after gastric bypass or adjustable gastric band surgery is not uncommon. Typically gastric bypass patients will regain anywhere from 5% to 15% of their weight loss. So if you have lost 100 pounds, it would be “normal” to regain 5 to 15 pounds and then maintain that new weight.

What causes excess weight regain? There are multiple causes for weight regain. Some of the most common include:

- Pouch enlargement and/or stomach opening enlargement that allows for a larger quantity of food than previously tolerated. Your surgeon can order tests to see if this is the problem.
- “Grazing” or all day nibbling. Your pouch can hold a lot of calories over the day if you are filling it every hour.
- Adding in higher calorie foods that were not eaten early after surgery.
- Lack of physical activity. Research shows that to maintain a substantial weight loss, you need about 60 minutes a day of moderate activity most days of the week.
- Not having adequate preoperative education. People who had their surgery several years ago or at another facility may have received very little nutrition information.

Sometimes people will think that the only solution for weight regain is to have a revision surgery. If the problem is anatomical, surgery can help. If the problem is a behavioral, then lifestyle changes are in order.



The Back on Track Plan

Meal Plan

Day 1	3 meals of protein only, no snacks
Day 2	3 meals of protein + vegetable, no snacks
Day 3	3 meals of protein + vegetable + fruit, no snacks
Days 4-7	3 meals of protein + vegetable + fruit, 1 meal add 1 starch serving, no snacks

Repeat weekly cycle until desired weight loss is reached.

DO NOT drink beverages with meals.

Gastric Bypass Patients- NO beverages 30 minutes before eating, during your meal, and nothing to drink for 30 minutes after eating.

Band Patients- NO beverages 10 minutes before eating, during your meal, and nothing to drink for 30 minutes after eating.

Drink zero/low calorie beverages only. Avoid juices, sodas, smoothies, designer coffee drinks and alcohol.

Aim for 30-60 minutes of moderate physical activity 5 to 6 days a week.

Aim for at least 7 to 8 hours of sleep a night.

