



Orbera Diet Progression

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Week 1:	1	2	3	4	5	6	7
Days 1-2 Clear Liquids Only	→		Days 3-7 Clear Liquids + Protein Shakes	→			
				<p><u>If you are tolerating clear liquids and protein shakes</u>, you may begin introducing foods from the Full Liquid/Pureed Food List on Day 4</p>			

Your goal is to drink 4-8 ounces of water every hour (about 64 ounces a day).
 Allow time for fluids to empty (drink 2-3 ounces and wait 10-15 minutes).
 On Day 3, start your protein shakes; aim for 60 grams of protein a day. (Yes, they count toward fluid intake.)

Week 2:	8	9	10	11	12	13	14
Start Soft Foods. Multivitamin. and Fiber							
→							
Week 3	15	16	17	18	19	20	21
You may begin to advance to regular foods as tolerated. Continue Multivitamin and Fiber Supplement.							
→							

Week 4:	22	23	24	25	26	27	28
Start Calcium Citrate Twice Daily (do not take within 2 hours of multivitamin). Continue Multivitamin and Fiber Supplement.							
→							

Clear Liquids

100% Fruit Juice (apple, grape, cranberry)

Clear Broth (chicken, beef, vegetable)

Sugar-Free Popsicles

Sugar-Free Gelatin

Water and/or Ice Chips

Crystal Light

Decaf Tea or Coffee

Other Zero Calorie Beverages

AVOID

Alcohol

Carbonation

Caffeine

Drinks with Added Sugar

Citrus Juices (orange, grapefruit, pineapple)

Tomato Juices

Juice Drinks (Hawaiian Punch, V8 Splash)

Full Liquid/Pureed

Protein Shakes

Cream Soups (tomato, chicken, broccoli)

Yogurt (Carbmaster, Oikos Triple Zero Greek)

Milk (skim, 1%, unsweetened almond or soy)

V8 Juice, Tomato Juice

Scrambled Eggs

Low Fat Cottage Cheese

Oatmeal

AVOID

Foods with large chunks or pieces

Sugary Desserts (ice cream, cream pies)

Soft

Think “Fork Soft”

Easy to chew, moist foods

Eggs

String Cheese

Fish and Shellfish

Chicken

Turkey

Steamed Vegetables

Soft Fruits

Nutbutters (peanut butter, almond butter)

Dehydration

If you are unable to drink at least 4 ounces of fluid per hour for 6-8 hours, do not urinate for 8-12 hours, experience headache, dizziness, rapid heart rate, dry mouth or constant thirst, please call our office.

Experiment with temperature, sometimes colder fluids can induce nausea.

Common side effects include nausea, vomiting, abdominal discomfort, and intense fullness. Symptoms typically subside in 3-7 days.