

Plugging and Indigestion

After gastric bypass (GBP) or adjustable gastric banding (AGB), the opening through the stomach pouch is the size of a pea. In addition, after weight-loss surgery, the stomach cannot grind food as it did before surgery and the stomach acid and enzymes that help break down certain foods are more limited. As a result, certain foods are difficult to digest after weight-loss surgery. They can ball up and block the opening (plugging) or cause physical distress.

Foods to Avoid

Generally, it is best to avoid (especially for the first three to six months) foods that are:

- Dry
- Sticky (e.g., peanut butter)
- Gummy or spongy (e.g., white bread)
- Stringy (e.g., celery)
- Fibrous (e.g., popcorn)

Specific types of foods to avoid include:

- Tough meats, such as beef steak, pork chops, or hamburger
- Dry meats and poultry
- Bran and bran cereals
- Granola
- Popcorn
- Untoasted bread
- Noodles
- Rice
- Corn
- Peas
- Cabbage
- Celery
- Dried beans

- Dried fruits
- Coconut
- Citrus membranes
- Vegetable and fruit skins/peels

Other foods/drinks that may cause stomach discomfort include:

- Carbonated beverages, such as soda or sparkling water
- Foods and beverages with caffeine
- Decaffeinated coffee
- Spicy foods
- Pickles
- Seeds
- Sweets

Tips to Prevent Plugging and Indigestion

- Eat smaller portions. Pay attention to eating and to how you feel, and don't take one bite too many!
- Eat more slowly, chewing foods well.
- Avoid high-sugar foods.
- Avoid acidic foods in the first six weeks after weight-loss surgery.
- Use marinades to tenderize meats or choose tender cuts, such as filet mignon.
- Cut meat and poultry into pea-sized pieces and moisten them with broth or a low-fat sauce.
- Go back to an earlier diet stage (such as a liquid diet) if you're having difficulties with advanced textures.
- You can take a sip of water if you have plugging.