



LIFE AFTER GALLBLADDER REMOVAL

How to support digestion, reduce symptoms and feel more in control

Without a gallbladder, bile flows continuously into the intestine rather than being stored between meals. Most people adapt, but some notice lasting changes in digestion, bowel habits or meal tolerance.



"Instead of asking 'What should I stop eating?' start with 'What keeps happening?'"



Reflective Question

When do your symptoms tend to happen? After certain meals? At certain times of day? After alcohol?



A Few Patterns Worth Noticing

These patterns are worth being aware of as you start paying deailed attention to your symptoms.

Loose stools or urgency

Notice whether this follows larger or higher-fat meals. In some people, bile acids reaching the colon can contribute to diarrhoea or urgency. Persistent diarrhoea should be discussed with your GP.

Floating, pale or greasy stools

If this happens regularly, particularly with difficulty tolerating fatty foods, it may be worth discussing fat digestion and absorption with your GP or practitioner.

Bloating or discomfort

Look at meal size, fat content, timing and whether symptoms tend to occur together.

Reflux or indigestion

These have many possible causes. Notice when symptoms occur and what else is happening with your digestion rather than assuming the gallbladder explains everything.

Constipation or irregular bowel movements

Hydration, movement, meal patterns, fibre tolerance and gut motility may all be relevant.

 **Reflective Question:** *Which of these patterns sounds most familiar to you? Is there one that's been happening consistently? Note it here:*



Simple Things to Try

You don't need to change everything at once. Start with one or two strategies that seem most relevant to the patterns you've noticed.

01 — Spread fat across the day

You still need dietary fat. Rather than having a large amount at one meal, try moderate amounts spread across the day.

- ☐ I'll try spreading fat more evenly across my meals

02 — Pay attention to meal size

If symptoms tend to follow larger meals, notice whether reducing the size of the meal makes a difference.

- ☐ I'll pay attention to whether meal size affects my symptoms

03 — Increase soluble fibre gradually

Foods such as oats, chia and legumes, if tolerated, provide soluble fibre. Psyllium or PHGG may also be useful. Increase gradually, particularly if you're prone to bloating or cramping (consult a naturopath or nutritionist before using these supplements).

- ☐ I'll gradually increase soluble fibre

04 — Include choline-rich foods

Choline plays a role in normal fat metabolism and liver function. Food sources include eggs, soy foods, legumes, nuts and seeds.

- ☐ I'll include more choline-rich foods



Simple Things to Try (continued)

05 — Include bitter foods if you enjoy them

Bitter foods such as rocket, radicchio, endive and other leafy greens can be included as part of a varied diet. You don't need to force yourself to eat them or use concentrated bitter products.

- ☐ I'll experiment with bitter foods I already enjoy

06 — Slow down when you eat

Try sitting down to eat, chewing thoroughly and taking a few slow diaphragmatic breaths before your meal.

- ☐ I'll slow down at mealtimes

07 — Look for patterns rather than individual 'bad foods'

Before removing another food, notice whether the same symptoms keep occurring after similar types or sizes of meals.

- ☐ I'll look for repeated patterns before eliminating another food



The aim is not to eliminate more foods. It's to notice what your digestion handles comfortably and what actually helps.

Choose your starting point

Which one or two strategies seem most relevant to what you've noticed?

- | | |
|---|--|
| ☐ Spread fat across the day | ☐ Include bitter foods |
| ☐ Pay attention to meal size | ☐ Slow down when eating |
| ☐ Increase soluble fibre gradually | ☐ Look for patterns before removing foods |
| ☐ Include choline-rich foods | |



Reflective Question: Which of these do you feel is a good place to focus your attention?



Before You Start: The 7-Day Check

You do not need a detailed food diary. Each day, tick the symptoms you noticed, when they occurred and any obvious meal clues. Add a few words to describe if something clearly helped or made things worse.

What to track each day:

Symptoms

- ☐ Bloating
- ☐ Reflux/heartburn
- ☐ Fullness/discomfort
- ☐ Loose stool
- ☐ Urgency
- ☐ Constipation
- ☐ Floating/greasy stool
- ☐ No symptoms

Timing

- ☐ Immediately
- ☐ Within 1–2 hours
- ☐ Several hours later
- ☐ Overnight/next morning

Meal Clues

- ☐ Larger than usual
- ☐ Higher in fat
- ☐ Very high in fibre
- ☐ Eaten quickly
- ☐ Eaten late
- ☐ Nothing obvious

 **Reflective Question:** *Before you begin tracking: what do you expect to find? Do you already have a hunch about what's triggering your symptoms?*



You're looking for repetition, not creating a perfect food diary. Brief notes are enough.



Your 7-Day Digestion Check

DAY	SYMPTOMS	TIMING	MEAL CLUES	HELPED / WORSE
Day 1	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 2	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 3	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 4	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 5	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 6	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____
Day 7	☐ Bloat ☐ Reflux ☐ Loose/urgent ☐ Constip. ☐ Greasy stool ☐ None	☐ Immediate ☐ 1-2 hrs ☐ Later ☐ Overnight	☐ Large ☐ High fat ☐ High fibre ☐ Fast ☐ Late ☐ Nothing	Helped: _____ Worse: _____



After 7 Days: What Did You Notice?

- | | |
|---|---|
| ☐ The same symptoms occurred together | ☐ Something repeatedly seemed to help |
| ☐ Symptoms appeared at a similar time after eating | ☐ Something repeatedly seemed to make symptoms worse |
| ☐ Larger meals seemed relevant | ☐ There was no obvious pattern |
| ☐ Higher-fat meals seemed relevant | |

What kept happening?

What seemed to help?

What seemed to make things worse?

Choose One Next Step

Rather than changing several things at once, choose one change first, then observe what happens before making another.

The ONE thing I'll change:

What I'll look for to notice whether it helps:

 **Reflective Question:** *After 7 days, has anything surprised you? Did your hunch at the start match what you actually noticed?*



When to Investigate Further

If symptoms persist, significantly affect your quality of life or don't follow an obvious pattern, discuss them with your GP or qualified health practitioner. Depending on your symptoms and history, assessment may consider:

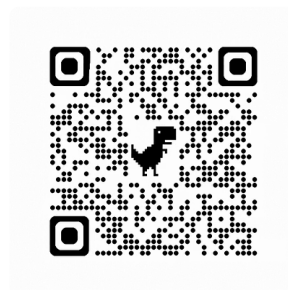
- | | |
|---|--|
| ☐ Bile acid diarrhoea | ☐ Nutritional status |
| ☐ Fat digestion and absorption | ☐ Reflux |
| ☐ Pancreatic function | ☐ Gut motility |
| ☐ Liver and biliary health | ☐ Other gastrointestinal conditions |

⊗ ⚠ **Seek medical attention promptly for:** severe or worsening abdominal pain, jaundice, fever, persistent vomiting, blood in the stool, unexplained weight loss or significant persistent diarrhoea.

Still Not Getting Clear Answers?

If you've made simple changes and your symptoms continue, the next step may not be another food to remove or supplement to try. The Gut Rewire Protocol is a 14-week personalised program for adults with persistent digestive symptoms.

Explore [The Gut Rewire Protocol](#)



This guide provides general health information and is not a substitute for individual medical advice. Persistent, severe or changing symptoms should be discussed with your GP or other appropriately qualified healthcare practitioner.