

Pre-Op Liver Shrinking Diet

Your surgeon has recommended that you follow a low sugar, reduced calorie diet for the fourteen (14) days prior to your surgery. This diet has been shown to help shrink the liver making weight loss surgery safer and easier. Please follow the attached diet and additional recommendations below. **The day before surgery is clear liquids only and NPO at midnight.**

Keep track of your weight! Using this diet, you should be able to lose 5 – 10 pounds during the two weeks leading up to your operation.

Liver Shrinking Diet Menu

Drink at least 8-12 ounces of sugar-free/calorie-free liquids between all meals. 64 ounces total per day

Breakfast

One High Protein Meal Replacement Shake (8-12 oz; see recommendations below) Total calories less than 200 calories, protein >15 gms, sugar < 5 grams

Lunch

One High Protein Meal Replacement Shake (8-12 oz). And one small piece of fresh fruit (small apple, pear, peach; tangerine)

Afternoon Snack

Choose:

- 6-8 oz light yogurt or light yogurt smoothie that is less than 90 calories (ie. Stoneyfield farm fat free, *Yoplait light*, *Dannon light n' fit non-fat yogurt* or *light n' fit smoothie*)
- ½ cup non-fat cottage cheese
- 1 string cheese
- 2 oz deli meat
- ½ pack of tuna
- Low fat jerky (perky jerky)

Dinner

- 4 ounces lean turkey, chicken breast, ham, roast beef, lean pork, or fish – bake, grill, or broil
- 1 cup raw/cooked non-starchy vegetables (no added oil/butter)
- Optional: 1 slice of lite/low calorie whole grain bread or 2 Tbsp potato, pasta, rice, beans

AVOID: gravy; sauces (e.g BBQ, cheese); butter, grease, oil, salad dressing (“spritzer” ok); mayo, ketchup, peanut butter; fried & breaded foods

Evening Snack– optional

10 baby carrots or ½ an apple

In Addition.....

1. Drink at least 64 ounces (2 quarts) of fluid per day. Drink non-carbonated sugar-free, calorie-free beverages.

Examples include:

Water, *Crystal light*, sugar-free *Tang*, sugar-free *Kool-Aid*, Diet *Snapple (0-calorie only)*, sugar-free/calorie-free, non-carbonated water like *Fruit2O*, Coffee or Tea (no cream, but sugar substitutes are acceptable), Fat-free broth, Sugar-free gelatin, Sugar-free Popsicle's

Now's the time to cut out the sodas, lattes, sweet tea, fruit juices (which you should have already done by now!)

2. Take one multi-vitamin with essential minerals per day.

3. Consume 1,000 – 1,200 mg of calcium per day. Take a calcium supplement if you do not get enough in your diet alone. To ensure proper absorption do not take more than 600 mg Calcium at a time (check the package label to find out how much Calcium is in each pill or chew) & take 2 hours apart from a multivitamin with iron or iron supplement.

High Protein Meal-Replacement Shake examples:

Must be less than 200 calories; less than 5 grams of sugar; greater than 12 grams protein per serving

- Carnation Instant Breakfast – No Sugar Added (blue box) (Winn Dixie, Harvey's, Walmart) ~mix with 1% or skim milk~
- DiabetiTrim (Sam's Club)
- Atkins Advantage Shake (Walgreens, Walmart, GNC)
- EAS Advant Edge Carb Control (Target)
- Designer Whey (CVS, Target, Walmart, Walgreens)
- Bariatric Advantage High Protein Meal Replacement (www.bariatricadvantage.com)
- Body Fortress Whey Protein Powder (Wal-Mart)

A Special Note for Lactose Intolerant Patients:

If milk & dairy products cause you gas, bloating, cramping, or diarrhea you may suffer from a condition known as lactose intolerance. If this sounds like you, it is recommended you choose Boost Diabetic for your meal replacement choice because it is lactose free. (or see list on pre-op shopping guide) You will see snack options include yogurt, low fat string cheese, & cottage cheese. Most lactose intolerant individuals can consume yogurt without experiencing gas or bloating but will likely need to take the lactase enzyme with cottage cheese.

A Special Note for Diabetic Patients:

This diet will most likely be quite a reduction from your normal intake of carbohydrates and calories. If you are diabetic and taking insulin, you need to contact your doctor to discuss your blood sugar management before starting this diet. Monitor your blood sugar carefully and have your doctor adjust your medication as needed. Consult your doctor as needed for any concerns you may have. The goal is to decrease your insulin to keep your blood sugar normal...not to increase your food. However, if your blood sugar does drop too low (less than 60), each of the following items provides 15 grams of carbohydrates and may be used in the event of a low blood sugar reaction:

- 4 ounces (½ cup) 100% fruit juice (no sugar added)
- 8 ounces (1 cup) fat free skim milk
- 1 Tablespoon of regular jelly or 1 ½ Tablespoons of Polaner All Fruit
- 1 Tablespoon honey

Rule of 15

- Have 15 grams of carbohydrate (choose from above)
- Wait 15 minutes and re-check your blood sugar
- Consume 15 grams of carbohydrate every 15 minutes until your blood sugar reaches 60