

## PREOPERATIVE DIET FOR WEIGHT LOSS SURGERY

One of the most difficult challenges our surgeons can encounter while performing a weight loss surgery is an enlarged liver. This condition is common among bariatric surgery patients and can make an otherwise simple operation much more complex. A low calorie diet two weeks before surgery can significantly shrink the size of the liver and make your weight loss surgery shorter and safer. For **TWO WEEKS BEFORE** your operation, you should follow this diet to prepare your body for surgery. You will be informed of the date to begin the preoperative diet by the bariatric team.

The recommended preoperative diet will consist of a prescribed amount of a high protein drink plus one meal. Weigh and measure all foods. **CONSIDER THIS A PRESCRIPTION**, not a diet.

**PLAN:**            **3** high protein drinks per day **AND** **1** solid meal

**SOLID MEAL OPTIONS:**            *Option #1: Freshly Prepared Meal*  
  *Option #2: Frozen Meal*

**PROTEIN DRINK TYPES (please see your diet booklet for additional acceptable protein drinks)**  
**\*\*NOTE\*\*** *Powdered products may be mixed with water ONLY. Avoid milk, almond milk, soy milk & juice.*

### **Milk Based High Protein, Low Sugar Beverages**

- Carnation Breakfast Essentials Light Start (blue banner)
- HMR 500, 800 ([www.hmrprogram.com](http://www.hmrprogram.com))
- EAS AdvantEdge Carb Control
- EAS Myoplex Lite or Carb Control
- Atkins Advantage Shake
- Designer Whey
- Slim Fast Low Carb Diet or High Protein
- Core Power Light
- Muscle Milk Light or 100 Cal
- Premier Protein Shakes
- Celebrate Vitamins High Protein Meal Replacement ([www.celebratevitamins.com](http://www.celebratevitamins.com))
- New Direction Shakes (UH Parma Hospital)

### **Lactose Free High Protein, Low Sugar Beverages**

- Whey Protein Isolate Powder
- HMR 70+ ([www.hmrprogram.com](http://www.hmrprogram.com))
- Unjury ([www.unjury.com](http://www.unjury.com))
- Isopure
- Syntrax Nectar
- Boost Glucose Control
- Glucerna Hunger Smart
- Bariatric Advantage High Protein Meal Replacement ([www.bariatricadvantage.com](http://www.bariatricadvantage.com))

### **Bariatric Surgery DO NOT DRINK List** *(please DO NOT consume any shakes listed below)*

- Boost
- Boost Plus
- Boost High Protein
- Ensure
- Glucerna
- Glucerna Advance
- Glucerna Snack
- Slimfast Optima
- Muscle Milk (Regular)
- Core Power (Regular)
- Special K Protein Shakes
- New Whey Liquid Protein 42
- Protein *Shots* (Made With Collagen)
- Protein *Bullets* (Made With Collagen)

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**OPTION #1: MEAL COMPONENTS FOR FRESHLY PREPARED MEAL:**

**\*\*NOTE\*\*** If choosing this option, ALL portions must be weighed and measured. Meal does not have to be consumed all at one time.

<b>Food Group</b>	<b>Amount</b>	<b>Example</b>
Lean Protein	4 oz	Chicken, fish, turkey, cheese, lean beef
Starch	1/2 cup or 1 oz	Potato, rice, pasta, peas, corn, low fat crackers
Vegetable	1 cup cooked vegetable <u>and</u> unlimited raw	Broccoli, green beans, cauliflower
Fruit	1 medium piece of fruit	Apple, 4" banana, peach, pear
Low Fat Milk	4 oz	Low fat milk, low fat yogurt
Fat	1 tsp regular or 1 TBS light	Margarine, butter, oil, mayonnaise

**OPTION #2: MEAL COMPONENTS WITH A FROZEN MEAL AND ADDITIONAL FOODS:**

<b>Food Group</b>	<b>Amount</b>	<b>Example</b>
Frozen Meal	Containing <ol style="list-style-type: none"> <li>1.) Less than 300 calories</li> <li>2.) At least 15 grams protein</li> <li>3.) Less than 700 mg sodium</li> </ol>	Lean Cuisine, Healthy Choice, Smart Ones
Vegetable	1 cup cooked vegetable <u>and</u> unlimited raw	Broccoli, green beans, cauliflower

**SAMPLE APPROPRIATE FROZEN MEALS**

Healthy Choice

Grilled Basil Chicken  
Beef Strips Portabella  
Herb Crusted Fish

Smart Ones

Chicken Fettuccini  
Steak Fajitas  
Slow Roasted Turkey Breast

Lean Cuisine

Chicken in Peanut Sauce  
Ranchero Braised Beef  
Shrimp Scampi

**VITAMINS:** 1 Multivitamin per day

**FLUIDS:** Your goal should be 8 cups (64 oz) of non-carbonated liquid per day. This includes any protein drinks you may have. Avoid ALL caffeinated beverages (regular coffee, decaf coffee, or caffeinated tea). Acceptable fluids include:

- Water
- Fruit infused waters
- Fat free/Low fat broth/bullion
- Decaf Herbal Tea
- Crystal Light
- Propel
- Sugar free lemonade
- Vitamin Water Zero
- PowerAde Zero
- SoBe Lifewater Zero
- Sugar free Popsicles
- Sugar free Jell-O

**IMPORTANT:**

**DAY BEFORE SURGERY:** No Solid Foods. You may have up to 5 protein shakes BEFORE 3:00pm. After 3:00 pm, you may only have clear, non caloric liquids with no red dye

**DAY OF SURGERY:** Do not eat or drink anything unless specified by your doctor or preadmission testing