

Pre-Op Diet

- **Start 2 weeks before surgery date**
- ******IF BMI OVER 60 START 3 WEEKS BEFORE SURGERY******
 - **No smoking, dipping, drinking alcohol, NO CARBONATION**
 - **No herbal supplements (garlic, fish oil, ginko, herbal teas, melatonin, etc)**
- Women – 2 full liquid protein shakes a day/ Men – 3 full liquid protein shakes
 - These will be in place of meals
 - Must meet guidelines in protein supplement handout
- 1 can of soup
 - Can be hearty, BROTH BASED soup
 - ex: chili made with ground turkey
 - if buying canned options, choose low fat and low sodium soup options
 - Avoid heavy cream soups
- 1-2 snacks per day
 - Sugar free Jell-O
 - Sugar free popsicles
 - Sugar free pudding
 - ½ cup (4oz) fat free yogurt
 - ½ cup (4oz) fat free cottage cheese
- All Sugar free drinks are allowed (not carbonated)
 - Powerade zero, vitamin water zero, water, un sweet decaf tea, decaf coffee, crystal light, Mio liquid drops, zero calorie sweeteners
- **SLEEVE/BYPASS/D. SWITCH PATIENTS ONLY:**
 - Clear liquids two days before surgery date
 - Only allowed to drink things that are see through
 - Water, decaf un sweet tea or coffee, crystal light, broth (chicken, beef, vegetable), diet juices, sugar free Jell-O, sugar free popsicles, Clear Liquid protein shakes (Atkins Lift, premier clear, isopure protein drinks or unflavored protein powder)
- **All patients must be compliant with this diet, it is to shrink your liver down and allow your surgeon to perform the surgery with more ease. If you are non compliant and your liver does not shrink down enough, your surgeon will not perform the surgery.**