



PRE-OP LIQUID DIET

NOT FOR PATIENTS WITH TYPE 1 DIABETES OR PATIENTS WITH RENAL (KIDNEY) ISSUES

You will start the preoperative liquid diet two weeks prior to your surgery. The purpose of the pre-op diet is to shrink the size of the liver in order to promote a faster and safer surgery.

This liquid diet is NOT THE SAME as the full liquid diet that will be used after surgery. The preoperative diet is high in protein and supplies the body with minimal carbohydrates which places the body in ketosis. Ketosis enables your body to utilize your fat stores as an energy source. This leads to the shrinkage of the liver and quick weight loss. In order to comply with your surgeon's requirements and proceed with a safer surgery, you must follow the guidelines below.

DRINK 3-5 SERVINGS OF A LIQUID PROTEIN MEAL REPLACEMENT DAILY

BARIATRIC ADVANTAGE
EAS MYOPLEX LITE/CARB CONTROL
GNC TOTAL LEAN SHAKE 25

ISOPURE
UNJURY
CHIKE

Powdered mixes may be mixed with water, skim milk, or light soy milk.

CONSUME A MINIMUM OF 64 OZ SUGAR-FREE FLUIDS DAILY

WATER
CRYSTAL LIGHT (OR OTHER ARTIFICIALLY FLAVORED WATERS)
SUGAR FREE JELLO
LOW SODIUM BROTH
SUGAR FREE POPSICLES

CALORIE RANGE:

_____ - _____ calories a day

CARBOHYDRATE GOAL:

Less than _____ grams of carbohydrate a day

Questions or concerns, please call the clinic 713-493-7700
or email our dietitian, maddie@tlcsurgery.com or donna@tlcsurgery.com

SAMPLE DAY

8:00 am	1 serving meal replacement mixed with water or skim milk
9:30 am	1 sugar free Jell-O with 8 oz. water
10:30 am	1 serving protein meal replacement mixed with water or skim milk
12:00 pm	16 oz. water
1:00 pm	1 serving protein meal replacement mixed with water or skim milk
2:30 pm	1 cup low sodium broth and 8 oz. water
3:30 pm	1 serving protein meal replacement mixed with water or skim milk
5:00 pm	16 oz. water
6:30 pm	1 serving protein meal replacement mixed with water or skim milk
8:00 pm	1 cup low sodium broth and 16 oz. water