

Pre-Op LIQUID DIET

Follow guidelines below to proceed with a safer surgery:

DRINK

3-5 servings of a liquid protein meal replacement daily



- Bariatric Advantage
- Low Carb Isopure (1 scoop/serving)
- EAS Myoplex Lite/Carb Control
- Premier Protein Shake
- GNC Total Lean Shake 25
- Labrada Lean Body Shake

Protein powders may be mixed with ice and water, skim milk or unsweetened soy milk. Do not use fruit or juice.

CONSUME

a minimum of 64 oz sugar-free fluids daily



- Water
- Sugar-Free Popsicles
- Sugar-Free Jello
- Broth
- Crystal Light or other artificially flavored waters

- Start the Pre-Op Liquid Diet two weeks before your surgery.
- The purpose of this diet is to shrink the size of the liver to promote a safer surgery.
- This liquid diet is **NOT THE SAME** as the full liquid diet that will be used after surgery.
- This diet is **NOT FOR PATIENTS WITH TYPE 1 DIABETES** or patients with renal (kidney) issues.

SAMPLE DAY

- 8:00 AM
1 serving meal replacement ice and water, skim milk or unsweetened soy milk
- 9:30 AM
1 sugar-free Jello with 8 oz. water
- 10:30 AM
1 serving protein meal replacement mixed with ice and water, skim milk or unsweetened soy milk
- 12:00 PM
16 oz. water
- 1:00 PM
1 serving protein meal replacement mixed with ice and water or skim milk or unsweetened soy milk
- 2:30 PM
1 cup broth and 8 oz. water
- 3:30 PM
1 serving protein meal replacement mixed with ice and water or skim milk, or unsweetened soy milk
- 5:00 PM
16 oz. water
- 6:30 PM
1 serving protein meal replacement mixed with ice and water or skim milk, or unsweetened soy milk
- 8:00 PM
1 cup broth and 16 oz. water

CALORIE RANGE:

700-900 calories a day

CARBOHYDRATE GOAL:

Less than 50 grams a day