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/serve)
- 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

- **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

Questions or concerns, please call the clinic at (713) 493-7700
Email our dietitian Lin Lin at linlin@tlcsurgery.com