



## Preoperative Diet: Follow for 1 week prior to your surgery.

Preoperative weight loss results in a reduction in the size of your liver and fat stores in the abdomen making your stomach more accessible for the surgery and reducing complications.

The diet should be **≤800 calories, ≤60 grams of carbohydrate, and ≤15 grams of fat.**

1. Drink at least 64 fluid ounces of caffeine-free, calorie-free, non-carbonated fluids preferably water
2. Use a **protein shake/meal replacement** for 2 meals per day. Recommended nutritional content is **100-200 calories, 15-35 grams of protein, ≤ 20 grams of carbohydrate, ≤ 4 grams of sugar, ≤ 7 grams of fat.**
3. One small, low calorie meal
  - a. Palm-size or ~3 ounces of a lean protein without skin or breading, prepared with no fat, such as skinless chicken or turkey, water packed tuna, fish, egg whites, lean ham, Canadian bacon, vegetarian meat substitute (i.e. Boca burgers), 99% lean ground turkey or 97% lean ground beef
  - b. Palm-size portion of non-starchy vegetables - anything other than corn, peas, potatoes, yams, or winter squash
  - c. ½ cup or 1 small piece of fruit once a day
4. Avoid sugars or carbohydrates (such as bread/rice/pasta/crackers/cereals/tortillas). Avoid dairy products. Avoid starchy vegetables. Limit fruit to ½ cup per day.
5. Avoid snacks. If hungry between mealtimes...drink water, fat free broth/stock, decaf teas or coffee or use up to 2 servings of sugar-free jello or sugar-free popsicles, or dill pickle.

### SAMPLE MEAL PLAN

Breakfast	Protein Shake
Snack (only if needed)	½ cup celery or cucumbers
Lunch	Protein Shake
Snack (only if needed)	Sugar free jello
Dinner	3 ounces skinless chicken breast basted with Dijon mustard, 1 cup steamed or stir-fried (1/2 tsp olive oil) broccoli ½ cup mandarin oranges or ½ an apple
Snack (only if needed)	Sugar-free popsicle

**If you are diabetic:** Monitor your glucose levels frequently. Low blood sugar is a potential problem with an aggressive diet plan. You may need to reduce the amount of insulin or the oral diabetic medication that you are taking. Please contact your primary care physician to notify them about this aggressive diet that may require medication changes.

**If you have high blood pressure:** Watch your blood pressure readings closely. Blood pressure can be lowered by even modest amounts of weight loss. You may need to contact your primary care physician to inform him/her of this diet so that he/she can monitor your blood pressure.

**DAY BEFORE SURGERY:** Eat a light breakfast. Shakes for lunch/dinner. Nothing by mouth for 12 hours prior to surgery. If you have any questions, please do not hesitate to call our office at 210-651-0303.