

Preoperative Diet (SLIMTIME®)

What is SLIMTIME®?

SLIMTIME® is a very low calorie (920 kcals/d), low carbohydrate (68 g/d), high protein (88 g/d) liquid diet that you will follow for 2-4 weeks before your surgery depending on your Body Mass Index (BMI). The shakes come in vanilla and chocolate. You will be drinking 4 shakes/d.

Your boxes of SLIMTIME® will be delivered to your home address within 1-3 days after you meet with the nutritionist.

Reason for the SLIMTIME® diet

The main reason to follow the SLIMTIME® diet before your surgery is to reduce the size of your liver in order to reduce the risk of complications during your surgery. You will also have a 5 to 10% weight loss while on this diet which gives you a good “head start” in achieving your weight loss goal.

How to prepare SLIMTIME®

Follow the instructions on the box to prepare each pouch:

1. Pour 300 mL cold water into a blender (or any shaker).
2. Add the contents of one pouch.
3. Immediately blend at high speed for 5 seconds or shake vigorously for 15-30 seconds until dissolved.
4. Drink immediately after preparation. DO NOT STORE for later use.

Take 1 pouch for breakfast, ½ pouch for your morning snack, 1 pouch for lunch, ½ pouch for your afternoon snack and 1 pouch for supper. Or, take 1 pouch every 3-4 hours. **4 POUCHES NEED TO BE CONSUMED EVERY DAY!**

To change the flavour of your shakes, you can add: decaffeinated instant coffee powder, nutmeg, cinnamon, extracts (Ex. Coconut, almond, orange, banana, etc.), Mio or Crystal Light, more water and/or ice.

SLIMTIME® SHOULD NOT BE CONSUMED AFTER THE SURGERY BECAUSE IT EXPANDS THE STOMACH!

What else can I drink and eat during the SLIMTIME® diet?

- **Water** - drink 1.5 to 2 litres/d
- **Herbal teas, Crystal Light, Mio, etc.**
- **Coffee or tea** – limit to 2 cups/d
 - No milk/cream/sugar is allowed, however sugar substitutes are fine (Ex. Stevia, Equal, etc.).
- **Low calorie vegetables** – limit to 4 cups/d
 - Choose ONLY from the following: broccoli, cauliflower, radishes, asparagus, spinach, lettuce, cucumbers, peppers, mushrooms, tomatoes, celery, green beans, carrots, zucchini, leeks, onions, rapini, turnips, cabbage.
 - Eat your vegetables raw, baked, barbecued or steamed. Do NOT add any fat (i.e. NO butter/margarine/oil).
 - You can season your vegetables with salt, pepper, dried herbs, lemon juice, garlic and vinegar (Ex. Balsamic).

NO OTHER BEVERAGES OR FOODS ARE ALLOWED! THIS DIET IS VERY STRICT.

How do I prevent or relieve constipation?

To prevent or relieve constipation, make sure you are drinking 2 litres of water/d and eating 4 cups of vegetables/d. You can also use a fibre supplement such as Benefiber® or Metamucil® which can be found at your pharmacy.

Specific instructions for diabetic patients

If you are a diabetic, stop your diabetes medications during the SlimTime diet® (including insulin). Test your blood glucose (blood sugar) four times a day before each “meal” and before going to bed. If your blood glucose level is 16 mmol/L or higher, adjust with your sliding scale instructions. If you are not sure what to do, contact your diabetes doctor.