

## Preoperative Diet (SLIMTIME®)

### What is SLIMTIME®?

SLIMTIME® is a very low calorie (900 kcals/d), low carbohydrate (75 g/d), high protein (90 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 your dietitian.

### 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.

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, mint, etc.), Mio or Crystal Light, more water and/or ice.

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

- **Water** - drink 1.5 to 2 litres/d
- **Diet decaffeinated drinks** (Ex. herbal teas, Crystal Light, Mio, etc.)
- **Coffee or tea** – limit to 2 cups/d
  - No milk/cream/sugar are 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, eggplant, bok choy, konjac noodles, leeks, green onions, snow peas, bean sprouts, watercress.
  - Eat your vegetables raw, baked, barbecued, steamed, or in broth. Do NOT add any fat (i.e. NO butter/margarine/oil).
  - You can season your vegetables with salt, pepper, dried herbs, lemon juice, soy sauce, hot sauce, garlic and vinegar (Ex. balsamic). Zero-calorie dressing (ex. Walden Farms) are permitted.
- **2 cups of low-calorie broth**
- **2 pre-packaged portions of sugar-free Jello**

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

### Constipation and diarrhea

Contact your dietitian if you're experiencing constipation or diarrhea.

### Specific instructions for patients with diabetes

If you have diabetes, discuss with your nurse and/or surgeon if you need to stop or reduce your diabetes medication(s) during the SLIMTIME diet.