

Preoperative Diet

In preparation for your surgery, you will follow a low calorie shake diet for 2-4 weeks before your surgery. The length of your preoperative diet depends on your starting Body Mass Index (BMI). The shakes come in vanilla and chocolate.

You will be drinking 4 shakes per day.

NOTE : Two weeks before your surgery, stop all natural health products, homeopathic products, vitamins and products containing garlic (allicin). If you have questions, speak with our nurse.

Reason for the preoperative diet.

The main reason for the preoperative 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 your shakes.

Follow the instructions on the box to prepare each shake. Prepare your shakes with water only.

YOU MUST DRINK 4 SHAKES EVERY DAY.

To change the flavour of your shakes:

- ✓ Add more or less water than recommended.
- ✓ Blend with ice.
- ✓ Mix in: decaffeinated instant coffee powder, nutmeg, cinnamon, extracts (ex. coconut, almond, orange, banana, mint, etc.) or Mio/Crystal Light style products.

What else can you drink and eat?

- ✓ **Water** - drink 1.5 to 2 litres/day
- ✓ **Diet decaffeinated drinks** (ex. herbal teas, Crystal Light, Mio, etc.)
- ✓ **Coffee or tea** - limit to 2 cups/day - No milk/cream/sugar are allowed, however sugar substitutes are fine (ex. Stevia, Equal, etc.).
- ✓ **Low calorie vegetables** - limit to 4 cups/day. *****Do not eat any vegetables the day before your surgery.**
 - 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 broth** - choose low-calorie broth
- ✓ **2 portions of Jello (gelatin dessert)** - choose sugar-free (5-10 calories for a portion of 80-95 grams)

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 preoperative diet.