CPP WLS Weight Loss Surgery
Specializing in laparoscopic bariatric surgery

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).

Following this diet strictly reduces the risk of surgical complications.

Directions:

If you are using NuvoVi or Optifast shakes: Drink 4 shakes per day. Follow the instructions on the box to prepare each shake. The shakes can only be prepared with water. Add more water if desired.

If you are using Boost Carb Smart shakes: Drink 5 bottles per day.

To change the flavour of your shakes:

- ✓ Blend with ice.
- ✓ Mix in: decaffeinated instant coffee powder, nutmeg, cinnamon, extracts (ex. coconut, almond, orange, banana, mint, etc.) or zero-calorie water enhancers like Mio and Crystal Light.

What else can you drink and eat?

- ✓ **Water** - drink 1.5 to 2 litres per day
- ✓ **Zero-calorie decaffeinated drinks** (ex. herbal teas, decaf coffee, Crystal Light, Mio, etc.)
- ✓ **Coffee or tea** - limit to 2 cups per day - No milk, cream, nor sugar are allowed. Sugar substitutes are fine (ex. Stevia, Equal, etc.).
- ✓ **Low calorie vegetables** - limit to 4 cups per 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, 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, nor 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 allowed.
- ✓ **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.

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