

Preoperative Diet

The preoperative diet is required for all patients before weight loss surgery. This diet will help to make your liver smaller which makes it safer and easier for your surgeon to perform surgery.

Start this diet 2 weeks before your surgery date.

Every day during the pre-op diet, you will do these 2 things:

- 1) Follow the instructions in each box. For boxes A, B, C, and D, choose **1 item** to eat or drink during the day. For Box E, consume 1 meal.
- 2) Drink at least **64 ounces** of sugar-free beverages (water, Crystal Light, Fruit2O, etc.).
- 3) Start to drink 12 fl oz Gatorade or Ensure Pre-Surgery Clear (available on Amazon) 3 hours before surgery and finish within 2 hours of surgery (Refer to "ERAS Patient Education Guide")

With 1 item from each box, you will have 5 eating events per day.

Box A	Box B	Box C	Box D	Box E
<p><i>Choose one protein shake:</i></p> <ul style="list-style-type: none"> - SlimFast Advanced Nutrition (RTD shake only, not powder) - Pure Protein (35 gm can) - Premier Protein - Ensure Max - Atkins - EAS Advantedge - Unjury (in water) - Syntrax Matrix (in water) - Designer Whey (in water) - Quest Protein (in water) -About Time - Whey Protein Isolate Powder (in water) -Bluebonnet 100% Natural Whey Protein Isolate (in water) -Vega Sport Performance (in water) 	<p><i>Choose one protein shake:</i></p> <ul style="list-style-type: none"> - Syntrax Matrix (in milk*) - Unjury (in milk*) - Glucerna Hunger Smart - EAS Myoplex Lite - Ensure High Protein - Boost Calorie Smart - Designer Whey (in milk*) - Quest Protein (in milk*) -Vega Sport Performance Nutritional Shake (in milk*) - Orgain Organic Nutritional Protein Shake -Bluebonnet 100% Natural Whey Protein Isolate (in milk*) 	<p><i>Choose one snack:</i></p> <ul style="list-style-type: none"> - 1 cup non-starchy vegetables + 2 Tb salad dressing or guacamole - $\frac{1}{4}$ cup unsalted nuts - $\frac{1}{4}$ cup low-fat cottage cheese, ricotta cheese - 6 oz Plain Greek yogurt - 2 eggs (any style) - 2 oz turkey + 1 string cheese - 1 protein shake from Box A 	<p><i>Choose one snack:</i></p> <ul style="list-style-type: none"> - Nature Valley Protein Bar - Pure Protein Bar (190-200 calories) - Detour Whey Protein Bar (170 calories) - Fiber One Protein Bar - Power Crunch Bar -1 cup non-starchy vegetables + 2 Tb salad dressing, guacamole, or hummus - 1 serving fruit + 1 TBSP nut butter - 1 protein shake from Box B 	<p><i>Eat one meal:</i></p> <p><u>Meal should contain:</u></p> <ul style="list-style-type: none"> 4 servings of protein 3 servings of non-starchy vegetables 2 servings of fat <p><i>(see pages 21-26 for serving sizes and refer to the back of this sheet for examples)</i></p>

*Can choose skim (fat-free) or 1% milk, lactaid milk, or plain soy milk

Updated: 6/2020

Please choose only the items listed on the sheet.

Bread, rice, pasta, starchy vegetables, and alcohol are not allowed on the pre-op diet.

Important Notes:

- Use the Serving Size section starting on page 21 of the diet guidelines book to remind you which foods are in each food group (protein, non-starchy vegetables, and fat) for your 1 meal in Box E.
- Eating every 3-4 hours and drinking plenty of fluids in between can help to prevent hunger. You choose the order of your items.

Sample Pre-Op Meal Plans

Example Day 1 - Remember to drink at least 64 ounces of sugar-free fluids throughout the day.

Breakfast (Box C)	2 hardboiled eggs
Snack (Box A)	Pure Protein Shake (35 gm protein – can)
Lunch (Box D)	Nature Valley Protein Bar
Snack (Box B)	EAS Myoplex Lite Protein Shake
Dinner (Box E)	4 ounces baked haddock, 1 ½ cups cooked vegetables (green beans, broccoli, cauliflower), 2 Tb light margarine

Example Day 2 - Remember to drink at least 64 ounces of sugar-free fluids throughout the day.

Breakfast (Box A)	Premier Protein Shake
Lunch (Box E)	4 ounces grilled chicken, 3 cups salad (lettuce, tomato, onions, cucumber), 1 Tb + 1 tsp creamy salad dressing
Snack (Box B)	Core Power Light Protein Shake
Dinner (Box D)	Pure Protein bar
Snack (Box C)	¾ cup low-fat Greek yogurt

Example Day 3 - Remember to drink at least 64 ounces of sugar-free fluids throughout the day.

Breakfast (Box E)	1 ¼ cup egg beaters, 1 ½ cups cooked vegetables (peppers, onions, tomatoes), 1 Tb avocado, 1 Tb light margarine
Snack (Box A)	Syntrax Nectar Protein Powder with water
Lunch (Box C)	2 ounces turkey + 1 string cheese
Dinner (Box D)	1 small apple + 1 Tb peanut butter
Snack (Box B)	Unjury Protein Powder with 8 ounces milk – frozen into ‘ice cream’

Example Day 4 - Remember to drink at least 64 ounces of sugar-free fluids throughout the day.

Breakfast (Box A)	EAS Advantedge Protein Shake
Snack (Box C)	Atkins Protein Shake
Lunch (Box B)	Boost Glucose Control Protein Shake
Dinner (Box E)	Chili: 4 ounces cooked ground turkey, 1 cup tomato sauce, ½ cup cooked onions & peppers, 1 Tb avocado, 1 Tb sour cream
Snack (Box D)	Syntrax Matrix Protein Powder with 8 ounces milk