

Instructions for Pre-Operative Liquid Diet

1. Starting 2 weeks before your scheduled surgery date you will be placed on an 800 calorie liquid diet. You are to avoid solid foods during this 2 weeks period. This will allow your liver to shrink and make your surgery easier and safer.
2. Protein shakes are used as meal replacements 3 times daily with a goal of getting 60 grams of proteins per day. You may choose from the list of protein supplements in the table below.
3. You should have clear liquid beverages between the protein shakes to keep hydrated. Aim for 64 ounces of liquid per day. Examples of clear liquids include water, sugar-free popsicles, sugar-free gelatin, sugar-free Kool-Aid®, Crystal Light®, Diet Snapple®, Gatorade®, diluted fruit juices, diet iced tea and decaffeinated tea or coffee, and broth.
4. If you are diabetic then you should speak with the doctor managing your diabetes as your medications may have to be adjusted during this liquid diet phase.
5. Do not have anything to eat or drink after midnight before your surgery.
6. Failure to follow this pre-operative liquid diet may result in your surgery being cancelled.

Examples of Protein supplements:

Product	Portion Size	Protein (grams)	Calories
Bariatric Advantage meal replacement	1 scoop	27	150 -160
Bariatric Fusion meal replacement	1 scoop	27	120
Carnation Instant Breakfast, no sugar added	1 packet	5	60
Nectar	1 scoop	23	100
Pro Performance 100% Whey Protein	1 scoop	24	110
Unjury	1 scoop/ 1 packet	21	100
Isopure Zero Carb	20 oz.	40	160
Optisource Very High Protein Drink	8 oz.	24	200
Slim Fast Low Carb Diet High Protein	11 oz.	20	180