

Pre-Operative Diet Guidelines

Purposes of the Pre-Operative Diet:

- Reduction in body fat: reducing the amount of fat found in the abdomen and the liver can decrease your surgical risks.
- Preserving muscle tissue: increasing protein intake helps the body burn fat instead of muscle for energy during a low calorie diet.
- Preparing the patient for the post-operative diet: the pre-op diet is similar to the diet you will follow after the surgery in that it is low carbohydrate, high protein, and reduced calorie. Following the diet prior to surgery allows your body to adjust to lower intake levels.

The pre-operative diet will begin two weeks prior to surgery.

- Drink two protein shakes per day, and consume one meal—see examples on next sheet
- Consume a minimum of 64 ounces of water per day
- You may supplement with sugar free Jell-O gelatin, sugar free popsicles, and chicken, vegetable, or beef soup broth.

THE DAY BEFORE SURGERY ONLY CONSUME LIQUIDS. DO NOT EAT ANY SOLID FOOD

Recommendations:

- It is acceptable to begin supplementing with a daily multivitamin prior to surgery.
- If you are currently being treated with medications and/or insulin for diabetes, contact your primary care physician before beginning the pre-operative diet so that he/she can make the necessary adjustments to these medications.

Pre-Operative Meal Guidelines

Along with the two shakes, you are to consume one meal a day. The guidelines for that meal are as follows:

Any frozen dinner such as Weight Watchers, Lean Cuisine, or Smart Ones that is 300 calories or less, 15 grams carbohydrate or less, 15 grams of protein or more.

Instead of a frozen dinner, you may have 4 to 6 ounces lean meat and ½ cup of vegetables.

Lean meat choices include: fish, chicken, turkey, and ham.

Vegetable choices include: Brussels sprouts, carrots, broccoli, cauliflower, turnip greens, spinach, summer squash, and green beans.

Any protein shake will be okay to consume during your two week pre-op diet.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE.