

WEIGHT LOSS SURGERY PRE-OP DIET

NOT FOR PATIENTS WITH TYPE 1 DIABETES OR PATIENTS WITH RENAL (KIDNEY) ISSUES

The pre-op diet is to be used TWO WEEKS PRIOR to your surgery. The purpose of the pre-op diet is to shrink the size of the liver to, ultimately, result in a faster and safer surgery.

A liquid diet is recommended during this time. This liquid diet is NOT THE SAME as the full liquid diet that will be used after surgery.

1) DRINK 4-5 SERVINGS OF A LIQUID PROTEIN MEAL REPLACEMENT DAILY:

BARIATRIC ADVANTAGE	CHIKE
BARIATRX ESSENTIALS	UNJURY
EAS MYOPLEX LITE	GNC TOTAL LEAN SHAKE 25

Powdered mixes may be mixed with skim milk or soy milk.

2) IN ADDITION TO THE ABOVE, CONSUME 64 OZ. SUGAR-FREE FLUIDS DAILY:

WATER

CRYSTAL LIGHT (OR OTHER FLAVORED WATERS)

SUGAR FREE JELLO

LOW SODIUM BROTH

SUGAR FREE POPSICLES

SAMPLE DAY:

8AM	1 serving protein meal replacement mixed with water or skim milk
9:30AM	1 sugar free Jell-O (and 8 oz. water)
10:30AM	1 serving protein meal replacement mixed with water or skim milk
12PM	1 sugar free popsicle (and 16 oz. water)
1PM	1 serving protein meal replacement mixed with water or skim milk
2:30PM	1 c. Low sodium broth (and 8 oz. water)
3:30PM	1 serving protein meal replacement mixed with water or skim milk
5PM	1 sugar free Jell-O (and 16 oz. water)
6:30PM	1 serving protein meal replacement mixed with water or skim milk
8pm	1 c. Low sodium broth (and 16 oz. water)



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