

## 2-Week Pre-Surgery Liquid Diet Guidelines



It has been recommended that you follow a liquid diet for 2 weeks prior to surgery for weight loss to help shrink the abdominal cavity and liver. You are to drink one protein shake every 4 hours as a meal. You will need to follow the protein grams calculated for you on your patient plan provided to you at your initial appointment with your Dietitian. If you have any questions, please contact your Dietitian for clarification. Our contact information is at the end of this form.

**ATTENTION DIABETICS IMPORTANT NOTE PLEASE READ:** If you are diabetic and on medications for diabetes, please contact your primary Dr. or endocrinologist providing you the medication, as the medication dosages needed on a protein diet will need to be reduced to prevent low blood sugar problems. They will adjust your medication as needed during this new food plan.

### **Lactose Free Products (100% whey Isolate):**

- ✓ Nectar, protein powders are available at GNC and The Vitamin Shoppe.
- ✓ Jay Robb available sometimes at Vitamin Shoppe and GNC but also online.
- ✓ Isopure Zero Carb **Unflavored** Protein powders available at The Vitamin Shoppe - 100% Natural Whey Protein Isolate, Lactose free, 26g of protein per serving (1 scoop = serving). Available at The Vitamin Shoppe: [http://www.vitaminshoppe.com/store/en/browse/sku\\_detail.jsp?id=NP-1184](http://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=NP-1184)
- ✓ Permolean protein powder (Vanilla, Chocolate, and Berry flavors) located at:

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- ✓ Unjury protein powder (chocolate, vanilla, strawberry sorbet, chicken soup, and unflavored) [www.UNJURY.com](http://www.UNJURY.com) or call 1-800-517-5111
- ✓ Total Lean Shake (ready-made bottle) GNC 25 grams of protein 170 calories LACTOSE FREE.
- ✓ [www.Truenutrition.com](http://www.Truenutrition.com) whole sale protein company

**PLEASE READ** *These products above are not meal replacements and do not provide what you need vitamin/mineral wise for the day. Please take a "One A day," "Centrum Complete," or start your bariatric multivitamin twice a day if you choose these products.*

### **Bariatric Advantage Meal Replacement Protein Powder packets and Tubs**

This product is a meal replacement and provides 25% of your daily need for vitamins and minerals in each shake like a meal with food would. You will drink 4 shakes a day and will not need any extra vitamins to meet your needs.

- ✓ You may purchase these online at: <http://www.Bariatricadvantage.com> or on [www.Nutrition5.com](http://www.Nutrition5.com) by clicking the bariatric advantage picture link under the resource tab. Celebrate has wonderful shakes as well this link is also on our website.
- ✓ Or by calling 1-800-898-6888 our distributor validation code is **GIBNC** (type into box of website in lower left hand corner) or you may say orders go under "The GI and Bariatric Nutrition Center" and the company will ship the product to you or you may purchase these at the local Neighbor Care Pharmacy's listed below:

### **Milk Containing Products**

You may purchase ready-made protein shakes in the can, Pure protein shakes or Premier Protein Shake [http://www.premiernutrition.com/products/protein\\_shake.html](http://www.premiernutrition.com/products/protein_shake.html) (ready in a carton to drink) contains 30 grams of protein and a protein blend with milk in the can. These are located at Trader Joes, GNC, Cosco, and The Vitamin Shoppe. These contain 35 grams of protein per can. These products are a protein blend and therefore, do contain milk. **If you are lactose intolerant, you should NOT use these products.**

**PLEASE READ** *These products above are not meal replacements and do not provide what you need vitamin/mineral wise for the day. Please take a "One A day," "Centrum Complete" twice a day or start your bariatric vitamin regimen that you will be doing after surgery if you choose these products.*

### **DIRECTIONS ON HOW TO DO THE DIET:**

- 1) Drink 1 protein shake every 4 hours as a mini-meal (4-5 shakes a day)

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- 2) If you are not on the meal replacements from Bariatric Advantage take the multivitamins recommended above under ***please*** read twice a day so as not to become deficient prior to surgery.
- 3) **If you have Diabetes** please contact your Diabetes Dr. and discuss medication dosages to be taking while on this protein only diet. The blood sugar levels will significantly drop once you start this diet. You **MUST** check your blood sugars first thing in the morning and exactly 2 hours after your shake. Make sure your blood sugar does not drop below 70. If your blood sugars drop below 70 you **MUST** call your Diabetes Dr. to discuss medication dosages.
- 4) You may drink any 10-15 calorie or less fluids in-between your protein shake meals. Examples for you to choose from are listed below:

**0-15 calorie or less containing fluids list:**

- Crystal Light, Crystal Light Hydration "Pure", Mio, Skinny drops, Lipton Ice tea to go packs, True Lemon to go packs, Totally Light to Go packs - made with Splenda, and sugar free Hawaiian punch to go packs, True packets
- All flavored waters **NOT** containing vitamins and **NOT** containing carbonation. Waters that indicate energy drinks beware they usually have a lot of caffeine which is known to dehydrate patients post-surgery.
- Diet Snapple, Diet Green tea from Lipton
- Diet V8 Splash, Diet ocean Spray
- Minute Maid Light Lemonade, Diet SOBE, SOBE Life Water - 0 calories, Sugar-free Kool-Aid with a sugar substitute, HINT Water, BLK (black water)
- PowerAde Zero or G2 zero (has electrolytes and helps with hydration) Patients like berry flavor best.
- **Decaffeinated** tea/coffee with sugar substitutes such as; Stevia/Truvia, Truvia + sugar blends, Susta, Monk fruit in the raw (If you experience headaches or GI distress usually this is an intolerance to Equal or Aspartame)
- **Sugar-free** Jell-O, Sugar-free Popsicle's
- **Low-fat** vegetable, beef, and chicken broth's

**IMPORTANT: You should begin this diet on a non-working day to see how your body reacts and adjusts. If you begin to experience the following symptoms: dizziness, light-headedness, unbearable hunger you may do the following:**

1. Meal 1: Protein Shake
2. Meal 2: 3oz Lean meat (3oz lean meat = deck of cards), 6oz fish or seafood (6oz fish – size of checkbook) with 2 NON-starch vegetables
3. Meal 3: Protein Shake
4. Meal 4: 3oz Lean meat (3oz lean meat = deck of cards), 6oz fish or seafood (6oz fish – size of checkbook) with 2 NON-starch vegetables

**Examples of non-shake meals:**

1. Chicken breast, green beans with margarine, green salad with light dressing.

2. Steamed shrimp, broccoli with margarine.

Please contact your Dietitian below if you are struggling, having any concerns, or problems with the liquid diet pre-surgery.

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