

4 weeks prior to surgery: No nicotine, smoking, vaping or dipping
2 weeks prior to surgery: No drinking alcohol, no drinking CARBONATION, herbal supplements (garlic, fish oil, ginkgo, herbal teas, melatonin, etc.)

Pre-Op Diet

Start Pre-Op Diet 2 weeks before surgery date on: _____

*****IF BMI OVER 60 START 3 WEEKS BEFORE SURGERY*****

- **Full liquid** protein supplement
Women = 60-80 grams protein day; **Men** = 80-100 grams protein per day
 - Must meet guidelines in protein supplement handout
- **OPTIONAL:** 2 cups of soup = **16 oz** can or 2 cups homemade soup
 - Two cups in one sitting, or split into two one-cup servings
 - Can be hearty, **BROTH BASED** soup
 - ex: chicken noodle, beef/chicken and vegetable, minestrone, chicken tortilla
 - Hearty = means you can have the standard ingredients in soup, no toppings
 - If buying canned options, choose low fat and low sodium soup options
 - canned brand examples: Light Progresso, Campbell's Heart Healthy
 - Avoid heavy cream soups
- **OPTIONAL:** 1-2 snacks per day
 - Sugar free Jell-O
 - Sugar free popsicles
 - Sugar free pudding
 - ½ cup (4oz) fat free Greek yogurt
 - ½ cup (4oz) fat free cottage cheese

Sugar-free, non-carbonated fluids allowed:

Water: Women 64-80 oz/day

Men 80-100 oz/day

- Can flavor water with Crystal Light or Mio liquid drops
- Zero calorie sweeteners
- Powerade Zero, Gatorade Zero, and Vitamin Water Zero
- Un-sweet tea
- Coffee

SLEEVE/BYPASS/GASTRO-J/D. SWITCH PATIENTS ONLY:

2 days before surgery date: _____

- **Clear liquids** protein drinks
Women = 60-80 grams protein day; **Men** = 80-100 grams protein per day
Must meet guidelines in protein supplement handout
- Premier Protein Clear, Dymatize Iso100, BiPro, Isopure, unflavored protein powder
- Only allowed fluids that are see-through
 - Water, Crystal Light
 - Unsweet tea/coffee
 - Broth (chicken, beef, vegetable)
 - Sugar free Jell-O, sugar free popsicles

The pre-op diet is extremely important. It is designed to shrink your liver, which makes it safer to do your surgery. If you are non-compliant with your diet it may complicate or prevent your surgeon's ability to complete your surgery safely.