



BARIATRIC AND METABOLIC INSTITUTE

Instructions for Liquid Diet Before Surgery

Once you are given your surgery date you will be asked to follow an **800 calorie full liquid diet for 2 weeks before your surgery**. The reason for following this liquid diet is to initiate rapid weight loss which will result in a decrease in the size of your liver. This will make the surgery easier for your surgeon to perform and safer for you. You will also become more familiar with the full liquid diet you will be following once discharged from the hospital.

Below are 2 options that are recommended for the 800 calorie full liquid diet. If you would like to use other products discuss this with your dietitian, to ensure you are also meeting the recommended protein amount of 60 grams per day. You will also be able to include water, Crystal Light, decaf tea, sugar free gelatin or sugar free popsicles in addition to the 800 calories in full liquids.

- 1). 4 ½ cans of "High Protein" Slim Fast daily
OR
- 2). 5 ½ packets of "No Sugar Added" Carnation Instant Breakfast Drink mixed with fat free or 1% milk daily
OR
- 3). 5 individual cartons of Atkins Advantage daily
OR
- 4). 4 ½ bottles of "Glucose Controlled" Boost daily

****If you have diabetes and are taking oral medications and/or insulin you will want to discuss this with your doctor that manages your diabetes. You may also choose to use products that are NOT "low carbohydrate" versions. Make sure to monitor your blood sugars more closely as this is a very drastic change in your diet. Call your doctor if you are experiencing high or low blood sugars.**
