



# PRE-OP DIETARY GUIDELINES

## Introduction

The Pre-Op diet's main goal is to shrink the size of your liver and reduce intra-abdominal fat to minimize the chance of complications during your surgery. There are two parts to the Pre-Op diet:

- 1. General Low-Calorie Diet:** Typically, 1-3 months prior to surgery. This part of the Pre-Op Diet is not always required by your surgeon or doctor. Patients are able to eat regular food but are usually advised to keep calories at around 1,200 to 1,300 per day to achieve a solid pace of weight loss.
- 2. Clear Liquids Diet:** Typically, 48 hours prior to surgery. Consists of only clear liquids such as water, broth, and fruit juice. No food of any kind is allowed during this stage.

Patients should consult with their doctor or surgeon to see what requirements they ask for, as these vary from one to another. Patients with BMI of 50+ may be required to do a longer than average Low-Calorie Diet or a Clear Liquids Diet for more than the typical 48 hours. This is something that all patients should talk about with their doctor or surgeon. Failure to comply with either part of the Pre-Op diet or adhere to your doctor and surgeon requirements could result in your surgeon refusing to perform the surgery, so please follow their instructions carefully.

Our nutritionist team has created very detailed guidelines for both parts of the Pre-Op Diet that you can find in the following pages. Please note that each part of the diet is different and will not consist of the same rules and food recommendations so please read everything carefully. You should use these guidelines only as a complement to your doctor and surgeon's indication, and never to replace them. We hope that you find the information in these guidelines helpful, and if you have any questions we are always here to help and support you.

Sincerely,

The GastricSleeveRecipes.com Team

## **General Recommendations**

- Buy a food scale and measuring spoons. It is important to use exact measurements to avoid any extra calorie intake.
- Do not weigh yourself more than once per week. We know it can be tempting, but this tends to cause too much mental pressure. External factors such as stress and even weather can affect our weight on a specific day, so weighing ourselves once a week can help eliminate these inconsistencies. Pick one day of the week (we recommend Wednesdays or Thursdays) and weigh yourself in the morning before having liquids or food. This will give a much more accurate and comparable measurement of your progress.
- Consult with your doctor or surgeon regarding any medications you may be taking. He or she will be able to provide the appropriate recommendations for any necessary changes to your medication prescription. Always take medications as prescribed by your doctor.

## **PART 1: General Low-Calorie Diet**

**Duration:** Typically, 1-3 months if required. Could be more depending on your doctor's assessment and your BMI.

**Calories:** Typically, 1,200 to 1,500. The range may vary depending on your doctor's recommendations.

**Goal:** To eat a healthy balanced diet that is low on calories to help you lose weight and better prepare you for surgery.

**Description:** This diet marks the beginning of your new weight loss journey. Your diet should consist of a healthy balance of fruits, vegetables, whole grains, legumes and proteins. You should try to avoid all high-fat products such as cheeses, creams, nuts, oils (in small amounts for cooking are ok), Other things you should avoid are processed foods, added sugars, and liquid calories such as juices and soft drinks.

Please note that this diet is very different to all other diets. The requirements and approved foods for this part of the Pre-Op diet are not the same as those for the recommended diet after you recover from your surgery because of the new limitations your stomach will have.

### **Foods and beverages to avoid:**

- Nuts and nut butters
- High-fat cheeses and creams
- Oils (a bit for cooking is ok)
- Juice
- Soda (not even diet soda)
- Coffee (and all caffeinated drinks)
- Fried foods
- Junk food such as pizza, candy, donuts, chips, cookies, etc.
- Processed packaged foods (can be high in added sugars and sodium)
- Added sugars

### **Tips & Guidelines:**

- Try to choose water as your only beverage choice. It is best to start practicing staying away from soda water and all carbonated beverages as you will not be allowed to drink them after the surgery. After surgery, the carbonation leads to gas and bloating, which expands your stomach, and that is something we want to avoid with your new pouch.
- Coffee should be avoided at least 1 month prior to surgery. If you drink it regularly, we suggest starting to taper a couple of months before so that you don't feel a big change when you stop drinking it. After surgery, coffee and caffeinated beverages are recommended to be avoided since they may lead to dehydration or cause acid reflux.
- Try to wait at least 30 minutes before and after meals to drink fluids, as this will be a rule of thumb for all meals after the surgery (since we will want to fill our stomachs with food rather than water when we eat).

- Do not eat or drink products that are “fat-free” or “sugar-free.” These food items may appear to be the healthier option, but these products are much more processed and filled with additives that are not beneficial to our health.
- Try to not skip meals. It is important for your metabolism to get used to the new and healthy eating schedule. If you do, your energy levels may decrease slightly due to the lack of calories from the skipped meal or snack. This is something worth practicing too, since your diet after surgery will consist of 5-6 small meals per day.
- Do not use any oil unless specified in the recipes. For oils and spices, we highly recommend using the appropriate measuring spoons.
- Coffee should be avoided at least 1 month prior to surgery. If you drink it regularly, we suggest starting to taper a couple of months before so that you don't feel a big change when you stop drinking it.
- Buy a food scale if you have not done so already. It is very important to use the exact measurements we provide in the meal plan. With time, you will become more familiar with how much things weigh, but for now, try to use the food scale as much as possible. Our recipes give measurements in both volume/amount and in grams so you are able to weigh everything.
- There should be no cheat meals during your Pre-Op diet. It is extremely important to follow instructions to the best of your abilities to get the best result possible.
- Ask your friends and family for their support and try to cook meals at home instead of eating out. When you do eat out opt for meals that are under 500 calories. Salads may be good options, but they can be loaded with fat and empty calories. Make sure to ask for salads with dressing on the side, and without the croutons and cheese. A helpful tip is to lightly dip your fork in the dressing before each bite of salad. Ask the waiter to prepare you simple meals like some baked chicken accompanied with a bit of rice and a lot of vegetables.
- Invest time in the kitchen cooking healthy food. Our recipes are quite easy to follow and do not take much time.

### **Vitamins & Supplements:**

- We recommend adding 1 daily multivitamin pill or gummy to your diet. Recommended brand: Centrum.
- Although multivitamin pills are usually harmless, you should always consult with your doctor before adding any supplements to see if they are right for you.

### **Exercise:**

- We highly recommend avoiding intense level exercises during the pre-op diet as it may lead to increased hunger or decreased energy levels. The diet by itself will help you achieve your goals.
- It is important for you to stay active throughout the day, but not at intense levels. Instead, remain active in your daily activities, such as taking the stairs instead of the elevator or escalator, parking a little further when going to the grocery store, and taking walking breaks or stretching breaks every 90 minutes at work (if possible).

## PART 2: Clear Liquids Diet

**Duration:** Typically, 48 hours before your surgery date. Could be more depending on your doctor's assessment and your BMI.

**Calories:** Typically, 300 to 500. The range may vary depending on how you feel while following it or based on your doctor or nutritionist's recommendations.

**Goal:** Shrink the size of your liver and reduce intra-abdominal fat to minimize the risk of complications during surgery.

**Description:** The clear liquids diet is very straightforward. You cannot eat anything and are only allowed to drink liquids from the approved list below. This is the single most important step patients make before their surgery. Failure to comply with this diet can result in your surgeon refusing to perform the surgery and/or could increase the risk of complications during surgery. You are allowed to drink as much as you want and whenever you feel thirsty or hungry. However, certain liquids such as juice and coconut water have limitations to avoid extreme sugar intakes and keep calories in check.

### Approved list of liquids:

- Plain water.
- Clear broths such as vegetable, chicken or beef. Make sure these are low-sodium because excess sodium can lead to inflammation or swelling. Almost every supermarket carries their own in-house brand, so you can buy that one if it is low sodium. Other recommended brands are:
  - Pacific Foods Organic Low-Sodium Vegetable Broth (best option)
  - Swanson Unsalted Chicken Broth
- Low sugar electrolyte drinks. Recommended brands:
  - Gatorade G2. Recommended flavors: Fruit punch, Grape, Berries. We recommend staying away from lime, lemon, orange or any citric flavor as they are a bit more acidic and can cause discomfort.
  - Propel. Recommended flavors: Grape, Berries. You can also buy Propel as a powder and mix in a bottle of water until fully dissolved.
- 100% fruit and/or vegetable juices. These should be without any added sugar or pulp. Recommended flavors:
  - Apple. Recommended brands: Apple & Eve, Kirkland Apple Juice, Mott's 100% Original Apple Juice, Langers 100% Apple Juice.
  - Peach or Grape. Welch's 100% White Grape and Peach Juice.
  - **Maximum allowed of juice per day is 16 ounces.**
  - **Juice should always be diluted with water.** Dilute juice with equal amounts of water.
  - **Avoid juices with pulp.**
  - Note: Juice plays an important role in this diet but will be discontinued later due to its high calorie content.

- Coconut water.
  - Recommended brands: Naked Juice 100% Organic Pure Coconut Water, Vita Coco Original.
  - Note: If you buy other brands just make sure they do not have added sugars.
  - **Maximum allowed per day is 8 ounces per day due to its sugar content**
  - Note: Coconut water plays an important role in the Clear liquids diet both before and after surgery but should be discontinued later due to its high calorie content.
- Herbal tea (caffeine free and unsweetened). Recommended brands:
  - TICK TOCK TEAS Original Rooibos Organic Tea, Redbush Tea
  - Yogi Bedtime Herbal Tea Caffeine Free Soothing Caramel
- Sugar-free Jell-O.
  - Recommended flavors: Strawberry, grape, mixed berries, or mango.
  - Note: Jell-O is not a liquid but is acceptable by most surgeons during this stage. Please consult with yours to see if it is ok. Jell-O provides little to no nutrition but can help because it is the closest sensation to eating you can get during this stage.
- Sugar-free popsicles.
  - Recommended flavors: Strawberry, grape, or mixed berries.
- Ice chips.
  - Crushed or very small ice cubes.

### Tips & Guidelines:

- There is no set meal schedule for this stage. You may drink at any time you feel thirsty or hungry.
- **Absolutely no sodas are allowed.**
- **Do not drink any protein shakes** (unless otherwise indicated by your doctor).
- All liquids should be caffeine free. Coffee is not allowed.
- It is important to monitor your glucose (sugar) levels (especially if you are diabetic). You may at some point feel dizzy if your glucose levels fall below your recommended level. If this happens, you may consume a bit of diluted fruit juice and consult with your doctor immediately if this happens often. If you are a diabetic, check your glucose levels closely and follow your doctors' recommendations. Make sure to consult with your doctor about any adjustments in your medications and/or insulin regimen that may be needed.
- All fruit juice should be diluted with water.
- **All liquids should contain no added sugars.** Juices contain natural sugar from the fruits, but it is important to make sure they have no added sugars. You can find out if they have any by reading the nutrition labels and staying away from those that list the following ingredients:
  - Cane crystals, cane sugar, corn sweetener, corn syrup, crystal dextrose, evaporated cane juice, fructose, fructose sweetener, glucose, high fructose corn syrup, liquids fructose, malt syrup, molasses, raw sugar, sugar, white sugar

- Maintain a diet journal and begin reporting what you drink throughout the day. This way, you can keep track of what you are drinking and determine if you are meeting your fluid needs.
- Ask your friends and family for their support and understanding. Having a great support team at home is crucial to achieving long-term success!

**Exercise:** We recommend all patients avoid exercise during this stage. It important to take it slow and keep in mind that you are consuming extremely few calories, so your energy levels will not be ideal to perform any type of exercise.

**Vitamins and Supplements:** Do not consume any during this stage unless otherwise indicated by your doctor or surgeon.

**Recommended liquid intake per day:**

Liquid	Minimum Ounces	Maximum Ounces
Water	40	unlimited
Clear broths	0	16
Low sugar electrolyte	8	16
100% Fruit juice	8	16*
Coconut water	0	8
Herbal tea, unsweetened	0	8
Sugar-free Jell-O or popsicles	8	24
TOTAL	64	unlimited

\*May be slightly more depending on how you feel. If you feel fine, then this limit should not be abused.

There is no set meal plan or schedule for this stage. This is just a recommended scenario for the amounts of each liquid. The only liquids that should not be abused are juice and coconut water. Please adhere to the recommended limits for those. The actual amounts for all other approved liquids will depend more on how you feel once you begin the diet. Your priority should be to stay hydrated by drinking constantly throughout the day and whenever you feel thirsty.

**Final comments from our lead nutritionist:** It is extremely important to follow these guidelines to minimize risks during your surgery. It may get challenging during this stage of your pre-op diet but stay strong! Your weight loss experience and the journey to a new you is about to begin!

We hope these guidelines serve you well as you prepare for your surgery! For ideas on recipes, meal plans, and nutritionist support, please visit our website at [www.GastricSleeveRecipes.com](http://www.GastricSleeveRecipes.com).

Best wishes,

The GastricSleeveRecipes.com Team



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