GI Surgical Specialists

Preoperative Liver Shrinking Diet

In preparation for surgery day, you will need to follow the preoperative diet below for the 2 weeks prior to your surgery. The purpose of this structured low calorie and low carbohydrate diet is to reduce the size of your liver. This will allow your surgeon better access to your stomach and potentially decrease risk of complications and need to convert from a laparoscopic procedure to an open procedure.

2 Week Preoperative Diet

Meal/Snack	Food Choice/Protein Shake
Breakfast	Protein Shake
Snack	Fruit (serving= 1 cup melons or berries OR 1/2 cup of all other fruit)
Lunch	Protein Shake
Snack	Protein Shake OR 6 ounces Light Greek yogurt
Dinner	3-6 ounces lean protein (see below) AND 1 cup cooked non-starchy vegetable OR 2 cups garden salad with 2 tablespoons light dressing
Snack (optional)	Protein Shake

In addition to the above meal plan, drink water and other sugar free fluid for a minimum of 64 ounces a day

Protein Shake

Ready to drink protein shakes and shakes made with protein powders should provide:

- No more than 200 calories
- 20-30 grams of protein
- Less than 5 grams of sugar
- Less than 15 grams of total carbohydrate

Tips:

- Protein powders may be mixed with water, a sugar free beverage, skim or 1% milk, unsweetened soy milk or unsweetened almond milk
- Do NOT add/blend fruit in protein shake

Popular ready to drink (RTD) shakes and protein powders that are consistent with recommendations include: RTD- Premier, GNC Lean 25, Pure Protein; Protein Powders- Unjury, Syntrax Nectar, Body Fortress Super Advanced Whey, Pure Protein

Please see our handout entitled “Suggested Protein Supplements” for additional recommendations and for locations where protein supplements can be purchased.

Lean Protein Sources

Bake, broil and grill protein; NO frying

(3 ounces portion is the size of a deck of cards for meat or size of a checkbook for fish)

- Fish, non-breaded
- Shellfish, non-breaded
- Chicken or turkey without the skin
- Beef cuts from loin, round and 90% lean or greater
- Ground beef and ground turkey 90% lean or greater
- Pork loin
- Soy/tofu

Fluids

- **Drink at least 64 ounces of fluid a day**.
- Fluids must be sugar free and l0 calories or less per serving.
- Water and fruit infused water (water with a slice of citrus fruit or whole berries or melon for a little hint of flavor) are great choices.
- Beverages like Crystal Light, Mio, Fruit2O, Propel Zero, etc. are also acceptable.
- Reminder- By this time you should be off caffeine and carbonation.

Important Notes:

- If not already taking a complete multivitamin, please start.
- Begin taking Sennosides-docusate (Senokot-S) 8.6-50mg. Take 2 tablets by mouth daily. Discontinue if bowel movements become too loose or too frequent. Call 410-550-0409 with questions.
- **If you have diabetes or issues with low blood sugar (hypoglycemia), please discuss this meal plan with your dietitian, primary care physician or endocrinologist before starting. The meal plan and your medication may need to be adjusted to prevent low blood glucose.**
    - If you have low blood glucose you may feel dizzy, weak, faint, shaky, sweaty, tired, anxious, nervous, irritable and/or you may not be able to think clearly.
    - A low blood glucose is a reading of 70 mg/dl or lower.
    - If your blood glucose is between 51 and 70 mg/dl, eat or drink 15 grams of carbohydrate. If your blood glucose is between 50 mg/dl or lower, eat or drink 30 grams of carbohydrate.

      Ways to get 15 grams of Carbohydrate:
      - 4 ounces of juice
      - 6 ounces of regular soda (not diet)
      - 3 glucose tablets

    - Wait 15 minutes and check blood glucose again.
    - If your blood glucose is still under 70 mg/dl, eat or drink another 15 grams of carbohydrate. Wait 15 minutes and check blood glucose again.
    - If your blood glucose is back above 70 mg/dl, eat a small meal or snack.