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PREOPERATIVE DIET INSTRUCTIONS

The preoperative diet is important to get you in the proper nutritional state for your surgery: to reduce the fat in and around your liver and to shrink the liver itself. You should follow this diet for the two weeks prior to surgery.

The preoperative diet should be a high protein, low carbohydrate, and low fat diet with liquid protein supplements.

You may have 1-2 healthy meals each day that consist of lean meats (6-8 oz of chicken, fish, or lean beef), all you want of green vegetables (avoid potatoes and carrots) and 1 cup of fruit (no bananas).

Replace 1-2 meals per day with a high protein liquid shake such as the Low Carbohydrate Myoplex, Smoothie King Gladiator shakes, or Unjury protein shakes. You may add fresh fruit (except bananas), fat free/sugar-free jello or pudding to your shakes to vary the flavor. You may also purchase True Results Protein Powder.

You should eliminate from your diet:

- All **fats**-butter, fatty meats, fried foods, whole milk products
- High **sugar** foods
- High **carbohydrate** foods, pastas, and other starchy foods.

If you are taking Phentermine, you must stop taking it two weeks before surgery.