

PRE-OPERATIVE INSTRUCTIONS

Getting Ready for Surgery

Why Pre-Op Diet Matters: You must prepare your body before surgery. This pre-op diet helps:

- Shrink the liver
- Decrease blood lipids
- Reduce surgical risk
- Prevent complications

PRE-OP DIET (STAGE 1)

◆ GENERAL INSTRUCTIONS

- Do not smoke
- Stay well hydrated (at least 2 liters of water per day)

📄 BMI PROTOCOL - WHEN TO START

Your BMI determines how many days before surgery you should start the pre-operative diet. Check the table at the end of this document.

🥤 PROTEIN REQUIREMENTS

- Minimum 60–90 grams of protein per day
- Use a prepared canned or powdered protein drink

Each serving should contain:

- ≥20 grams protein
- <6 grams carbohydrates
- <3 grams fat

👉 Prefer mixing with water only

🥗 MENU EXAMPLE

- Breakfast: 1 protein drink
- Lunch: 1 protein drink
- Dinner: Salad with lean protein (chicken, fish, egg, etc.) + fat-free dressing
- Evening snack: 1 protein drink (if needed)

Low-carb vegetables allowed if hungry:

- Lettuce
- Spinach
- Cucumber
- Zucchini

✗ AVOID

- Sugar
- Bread, rice, pasta, tortillas
- Fruit juices
- Alcohol
- Fried or high-fat foods

MEDICATIONS

Discontinue:

- Aspirin (unless prescribed as baby aspirin)
- NSAIDs (Ibuprofen, Advil, Aleve, etc.)
- Herbal supplements

Allowed:

- Tylenol

DO NOT STOP (continue taking):

- Blood pressure medications
- Diabetes medications
- Thyroid medications
- Antidepressants

CLEAR LIQUID DIET

(After the pre op diet (stage 1) and before surgery)

Allowed:

- Water
- Sugar-free flavored water
- Non-fat broths (chicken, beef, fish)
- Sugar-free Jell-O
- Tea (no sugar)
- Popsicles (water-based, sugar-free preferred)
- 1–3 servings of whey protein daily mixed with water

NOT Allowed:

- Milk or dairy products
- Cream-based liquids

BOWEL PREP (IMPORTANT)

Who needs bowel prep (Gastric bypass, mini bypass, SADI-S, Duodenal Switch):

- Take an evacuant laxative 2 days (48 hours) before surgery

Preferred option:


- Fleet Oral (widely available in USA and Canada)

Alternative options:

- MiraLAX
- Dulcolax

Sleeve patients:

- Take a gentle laxative of your preference 2 days before surgery

 **Safety Note:** Do not use sodium phosphate laxatives (Fleet) if you have kidney disease, dehydration, or electrolyte imbalance.

⊘ 8 HOURS PRIOR TO SURGERY

- Nothing to eat or drink
- No medications unless instructed
- Small sip of water allowed only for approved medications
- Bring all prescribed medications in original labeled bottles
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⚠ IMPORTANT NOTES

Not following the diet may result in:

- Increased surgical risk
- Enlarged liver
- Possible surgery cancellation

📊 BMI PROTOCOL TABLE

How many days should I follow the PRE-OPERATIVE & CLEAR LIQUID DIET?

BMI < 34	5 days total	Stage 1: 2 days + Clear liquid: 3 days
xBMI 35-40	10 days total	Stage 1:: 7 days + Clear liquid: 3 days
BMI > 40	14 days total	Stage 1:: 9 days + Clear liquid: 5 days
BMI > 45	15 days total	Stage 1:: 8 days + Clear liquid: 7 days
BMI > 50	20 days total	Stage 1:: 10 days + Clear liquid: 10 days
BMI > 60	30 days total	Stage 1:: 20 days + Clear liquid: 10 days
BMI > 70	40 days total	Stage 1:: 30 days + Clear liquid: 10 days
BMI > 80	60 days total	Stage 1: 40 days + Clear liquid: 20 days