

Maine Medical

PARTNERS

Surgical Care Casco Bay

Preoperative Information

Liver Shrinkage Diet

Two-Week Preoperative Diet Instructions

Purpose of the Diet

A critical part of your operation will be done in an area of your upper abdomen covered by the left side of your liver. People with extra abdominal fat often store enough of that fat in the liver to make the organ large, stiff, and fragile - and an operation up there slower, more difficult, and even more dangerous. By following this preoperative diet for two weeks you can make your operation shorter and safer by causing your body to use the liver fat for energy, essentially burning it for fuel and shrinking the liver's size.

The diet was developed and introduced as part of our Bariatric (Weight Loss) Surgery Program for patients, who have an ongoing relationship with bariatric dietitians. If you are not one of our bariatric patients but have been asked to use this diet, then please direct questions about it to your surgeon (since you will not have a relationship with a bariatric dietitian). This instruction sheet differs a little bit from the one distributed by the Bariatric Program.

Please note: If you normally experience low blood sugars or have diabetes, please speak with your Registered Dietitian before starting this diet. Also, we do not recommend staying on the preoperative diet for more than 2 weeks unless you have approval from your Registered Dietitian.

Diet Options:

Each day, you can choose either of two diet options. Regardless of which option you choose, we recommend that you eat a meal or drink a shake every 3-4 hours to help manage your hunger.

Option 1:

- 3 protein shakes (at least 15 grams of protein and less than 200 calories per shake)
- 2 frozen meals, at least 15 grams of protein and less than 300 calories each (for example: Lean Cuisine, Healthy Choice, Smart Ones)
- Unlimited vegetables (this does NOT include corn, peas, potatoes, lima beans). Do not add any extra calories (for example: dressings, dips, sauces, cheese, etc.)

Option 2:

- 3 protein shakes (at least 15 grams of protein and less than 200 calories per shake)
- 6 oz. lean meat (divided into 2 meals)
- Unlimited vegetables (this does NOT include corn, peas, potatoes, lima beans). Do not add any extra calories (for example: dressings, dips, sauces, cheese, etc.)
- ½ cup cooked starch (potato, rice, pasta, corn, peas, lima beans)
- 1 medium fruit (for example: ¾ cup blueberries, 15 grapes, an apple the size of a baseball)
- 6 oz. low-fat yogurt (no added sugar)

Daily Schedule Example (Option 1):

Breakfast: Protein shake

Snack: Protein shake
Lunch: Frozen meal, vegetables
Snack: Protein shake
Dinner: Frozen meal, vegetables
Snack: Protein shake

Daily Schedule Example (Option 2):

Breakfast: Protein shake
Snack: Protein shake
Lunch: Cooked meal (3 oz. protein, vegetables)
Snack: 6 oz. low-fat yogurt, 1 medium fruit
Dinner: Cooked meal (3 oz. protein, vegetables, ½ cup starch)

Fluid Intake: Your goal is 8 cups (64 fluid oz.) of non-carbonated, non-caffeinated liquids daily. This DOES include the protein shakes.

What should I drink?

- Water
- Tea, decaffeinated or herbal
- Protein shakes (see list)
- Popsicles (sugar-free, no calories)
- True Lemon[®], True Lime[®], or True Orange[®] added to your water
- Artificially flavored, non-carbonated beverages, such as: MiO Liquid Water Enhancer, Fruit2O, Dasani Flavored Water, Aqua-Fina Flavored Water, Crystal Light, Sobe Zero-Calorie Life Water, Powerade Zero, Vitamin Water Zero
- Iced tea (sugar-free, decaffeinated)
- Skim Milk, 1% milk
- Fat-free or low fat broth or bouillon
- Hot chocolate (sugar-free)

We recommend you add regular or flavored Benefiber or another clear soluble fiber supplement to your fluids (as directed) to prevent constipation.

Vitamins: One (1) complete multivitamin daily

Day Before Surgery:

No solid foods. You may have up to 5 protein shakes plus non-calorie liquids.

Day of Surgery:

Do not eat or drink anything unless necessary to take your morning medication or instructed to.

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