

PRE-OP GENERAL RECOMMENDATIONS

Preparing for Gastric Sleeve Surgery

Before you get your Gastric Sleeve surgery, your diet will suffer some modifications. Your surgeon will place you on a special diet so your body will be ready to undergo the surgery.

This pre-op diet is design to reduce the size of the liver, which sometimes is very large in patients that are obese and complicates the surgery. By reducing the body fat around your liver the surgery becomes easier and safer to perform.

We know that committing to a diet is a difficult thing to do, but remember it is time to get serious about your health and the physical changes you want to achieve. Definitely this is not the time to splurge on your diet, keep your mindset and focus on preparing for your upcoming surgery.

It is **EXTREMELY IMPORTANT NOT** to indulge on unhealthy foods as your surgery approaches, in some cases, a surgeon could postpone a scheduled operation, so it is absolutely important that you follow your diet guidelines as given to your surgeon.

Pre-Op Surgery Diet Requirements

This overview provides the basic requirements and guidelines that are common among Gastric Sleeve patients. It is not meant to take the place of specific instructions (if there are some) given by your surgeon.

- Two weeks before surgery, patients will begin a full liquid diet.
- Diet will consist of high-protein supplements that are low-carbohydrate and low-fat, you will need to eat at least 60 to 120 grams of protein daily.
- Calorie intake limited to 1000 to 1200 per day
- To prevent dehydration, drink six to eight glasses (48 - 64 oz) of water each day; and/or other low-calorie, sugar-free, caffeine-free, and non-carbonated liquids (such as Crystal Light)
- Solid foods are not allowed

Protein Supplement Guidelines

Protein is necessary to preserve and protect muscle tissue and to help the body heal and recover after surgery.

Protein supplements are available as ready-to-drink or powders. Generally, supplements with whey protein isolate are better absorbed by the body than those with whey protein concentrate, which contain lactose/milk sugar.

LIQUIDS TO AVOID

- High-sugar liquids (such as fruit juices, sports drinks, and alcoholic beverages)
- Whole or 2% milk
- Carbonated beverages (including regular and diet soda)
- Caffeinated beverages (including coffee and tea)

SUMMARY AND TIPS

- You need to eat LESS than 50 grams of TOTAL carbohydrates.
- At LEAST 60-120 grams of protein daily.
- Plan your meals/snacks ahead of time and have plenty of allowable snacks on hand so you can easily have them if needed.
- You are not limited in quantity or calories! If you are hungry then eat a high protein / low-carb snack, such as, a hardboiled egg, cheese sticks or a handful of almonds.
- Be sure to drink plenty of non-caloric, non-carbonated fluids (water, crystal light, herbal teas). Drink at least 64 oz daily.
- Track your food in a diary. Use an app on your phone or write in a notebook. Count all carbohydrates of the actual amount you eat.