



# Pre-operative diet for gastric bypass and sleeve gastrectomy

## What is the aim of the diet?

Prior to having bariatric surgery, it is likely your surgeon will ask you to follow a specific liver reduction diet. The aim of this diet is to reduce the glycogen stores in the liver, which results in the liver 'shrinking' in size making it easier to move during surgery.

During laparoscopic or 'keyhole' surgery, the liver has to be lifted out of the way to access the stomach lying beneath it. If the liver is heavy, fatty and immobile, it is harder for the surgeon to gain access to the stomach underneath.

To reduce the glycogen stores in the liver, it is necessary to follow a diet that is low in carbohydrate, low in fat and high in protein. Foods high in starchy carbohydrate include bread, rice, potato, pasta and cereals. You should lose weight by following this diet and it can help you follow a regular eating pattern which will be required post-surgery, but more importantly, your liver will shrink and can be moved more easily, making the operation safer.

For the diet to be successful, it is important to stick to it for the full two weeks. There may be a temptation to have a special/larger meal prior to surgery, however, if you do this, this will reverse the liver reducing effects of the diet.

## How long will I have to follow this diet?

It is recommended that you **follow this diet for two weeks prior to your surgery only** unless your surgeon has advised you to follow it for longer.

## How much carbohydrate am I allowed?

The diet is designed to give you approximately 100g of carbohydrate per day. Try to opt for carbohydrates as these will help to fill you up more than refined or white bread, rice, and pasta etc. The diet is low in fat and moderate in protein and low in calories, providing approximately 800-1000 kcal.

## Menu plan

The menu plan below shows an example of a typical day's intake on the liver shrinking diet.

### Breakfast: (15g carbohydrate)

- 3 tbsp (20g) of Branflakes™ or Fruit & Fibre™ or
- 4 tbsp (15g) of Cornflakes™ or Rice Krispies™ or
- 1 Shredded wheat™ or
- 1½ Weetabix™ or
- 5 tbsp (35g) of All Bran™ or
- 25g of porridge oats or
- 1 slice medium sliced toast with scraping of spread

### Lunch: (15-20g carbohydrate)

- 1 slice medium slice wholegrain bread or toast or
- 2 ryvitas/ wholegrain crackers or
- ½ bagel or ½ pitta bread or ½ bread roll or ½ Chapatti

#### with

- 2 eggs or
- 50g (1½ oz) cheese (no more than 3 portions per week) or
- 8 wafer thin packet slices of ham/chicken/ turkey or
- 100 g (4 oz) chicken, e.g. a chicken breast without skin or
- 100g (4 oz) meat or
- 100g (4 oz) fish or
- 100g (4 oz) Quorn, /tofu, or pulses or
- 100g (4 oz) pulses (including chickpeas, beans and lentils)

with plenty of vegetables and salad (with fat free dressing if required)

\*limit root vegetables to 80g maximum per meal e.g.: turnip, carrots, parsnips, beetroot, swede etc.

\*limit sweetcorn to one tablespoon per meal whilst following this pre-operative diet as this is high in carbohydrate.

### Evening Meal: (20g carbohydrate)

- 180g potatoes (boiled/mashed/roast) or
- 3 egg-sized (180g) new potatoes or
- 60g / 2 tbsp cooked rice/pasta

#### with

- 2 eggs or
- 50g (1 ½ oz) cheese or
- 8 wafer thin packet slices of ham/chicken/turkey or
- small chicken breast without skin or
- 100g (4 oz) meat or fish or
- 100g (4 oz) Quorn, tofu, or pulses such as lentils/beans/ quick peas

#### with

plenty of vegetables/salad (with fat dressing if required)

### Snacks:

- Plain biscuits/ crackers and cottage cheese

## Additional allowances throughout the day (40g carbohydrate)

- two portions of fruit **or** one portion of 150ml fruit juice.
- 1/3 pint (200ml) of semi-skimmed milk for drinks and cereal (one small pot (125g) low fat/low sugar yoghurt per day (diet or 'lite' varieties)
- aim for at least 2 litres a day of free fluids i.e. Unlimited water, tea, coffee, low-calorie squash, low-calorie fizzy drinks

## Fruit portions list

A serving of fruit is 80g:

- 2 small fruit e.g. plums, apricots, satsumas
- 1 medium fruit e.g. apple, orange, banana
- 1 slice of very large fruit e.g. melon, pineapple
- ½ a grapefruit/avocado
- 1 cupful of berries e.g. strawberries, raspberries or grapes
- 3 heaped tbsp fruit salad (fresh or tinned in fruit juice) or stewed fruit
- 1 tbsp of dried fruit e.g. raisins, sultanas

It is important **not to eat less** than the prescribed portions of carbohydrate as this can make you feel unwell. Other foods on the menu will provide you with protein and fat. Eating these foods means that it should not be necessary for you to take any vitamin or mineral supplements and will allow you to optimise your diet prior to surgery.