



TLC | Surgery

# Before Your Surgery: Pre-op Liquid Diet

If you have questions, please call or email Lin Lin, your dietitian  
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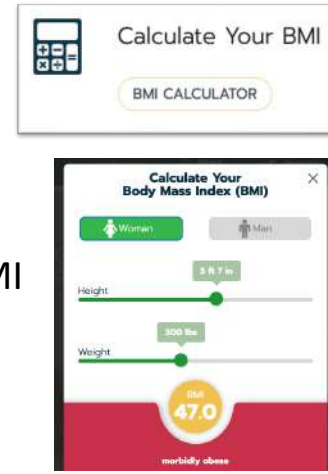
## Why do you need to be on a liquid diet before surgery?

- **This is a very low calorie diet.**
  - To help you lose weight, especially the belly fat around your waist.
- **This is a very low carbohydrate diet.**
  - To help shrink the size of your fatty liver.
- **This is an ALL LIQUID diet, NO FOOD AT ALL!**
  - This will clean out your stomach.
  - If you cheat and eat something, your surgeon will know. And he may cancel your surgery!
  - You may choke on food during your surgery
  - Food may leak out and cause infection during your surgery.
- All these reasons will help the surgeon operate on you easily and safely.
- Also, you will recover more quickly.

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## How long do you need to be on the liquid diet?

- BMI over 50 = 2 weeks before surgery (14 days)
- BMI under 49 = 1 week before surgery (7 days)
- How to find your BMI?
  - Go to [www.tlcsurgery.com](http://www.tlcsurgery.com)
    - Scroll down the page to find “Calculate Your BMI”
  - Call our office: we can help you figure out your BMI
    - 713-493-7700
- You can do it! You will survive this liquid diet!



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## What will you drink on the liquid diet? Protein shakes AND Clear Liquids Together

- **PROTEIN SHAKES**
  - At least 3 protein shakes every day, up to 5 shakes daily to help you stay full.
  - Ready-to-drink shakes
  - Mix protein powder with ice, water, low fat milk or unsweet almond milk.
  - NO SMOOTHIES, NO FRUIT OR VEGGIES BLENDED IN YOUR SHAKE!
  - NO SMOOTHIE KING, JAMBA JUICE.
- **CLEAR LIQUIDS**
  - Drink 64 ounces or more to help you stay hydrated
  - Clear, See-Through, Any Color
  - Zero Calorie, Zero Sugar, Zero Protein
  - Water, Crystal Light, Gatorade Zero, sugar free Jello/popsicles
  - Hot drinks: herbal tea with Stevia/Splenda, clear broth
  - NO ALCOHOL, FRUIT JUICE, CARBONATION, CAFFEINE, CREAMY SOUP, PUDDING, YOGURT, SOLID FOOD!

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## Before Surgery Liquid Diet: Protein Shakes

**20 grams protein or more**, less than 10 grams sugar, less than 250 calories per shake

Contains Lactose				
Lactose Free				
				
			These are clear protein drinks	
Plant Based Protein (no milk, and lactose free)				
				
				Protein powder

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## Before Surgery Liquid Diet: Clear Liquids

Clear/See-Through, Any Color. Zero Sugar, Zero Calories, No Protein  
No creamy/thick liquids. No caffeine, carbonation, or regular juice

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## Strategies to Help Manage The Pre-Op Liquid Diet

### • Nausea, Vomiting, or Diarrhea

- Sip on plain hot ginger tea
- Switch to clear liquid protein drinks instead of milky shakes
- Switch to lactose free shakes
- Eliminate whey/milk protein, switch to PLANT BASED PROTEIN shakes

### • Constipation

- Add dissolvable fiber powder into shakes and clear liquids, use 1-2x daily
- Use Miralax 1x daily



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## Strategies to Help Manage The Pre-Op Liquid Diet

### • Lightheaded/Headaches due to Ketosis (Body is burning body fat)

- Drink plenty of fluids (64 oz or more!)
- Drink regular (not low sodium) broth
- Drink diluted sports drinks, 100% coconut water
- Drink pickle juice



### • Feeling “Hungry”

- Drink more shakes (3-5 shakes daily). Protein goal: up to 150 grams daily
- Eat sugar free gelatin and sugar free popsicles
- Is it “head hunger” due to boredom? Keep yourself busy!
  - Distract yourself! Get out of the house and be active! Go for a walk!
  - Chewing sugar-free gum
  - Sugar free hard candy: mints, lemon drops are OK.
  - NO CHOCOLATE CANDY!!



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## The Night Before Surgery and The Morning of Your Surgery: Drink Your “Enhanced Surgery Recovery (ESR) Drink”

### • **PICK ONLY ONE:**

- One serving is:
- **1 bottle Ensure Pre-Surgery Clear Carbohydrate Drink (buy from Amazon)**
- OR, instead drink 12oz (1 and ½ cup) Regular Gatorade

### • **The night before surgery:**

- Drink 1 bottle Ensure Pre-Surgery Clear Carbohydrate Drink
- Drink this before you go to bed
- During the day, keep drinking your protein shakes and clear liquids

### • **The morning of your surgery (3 hours before surgery time):**

- Drink 1 bottle Ensure Pre-Surgery Clear Carbohydrate Drink **ONLY**
- NO VITAMINS, PROTEIN SHAKES, CLEAR LIQUIDS, WATER, FOOD, or VITAMINS
- Talk to the surgeon during your pre-op appointment about medications

### • **FOLLOW OUR GUIDELINES! NOT THE HOSPITAL!**

### • **Call our office if you are unsure.**



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## Pre-Op Liquid Diet Sample Schedule

Use this as a guide. Create a schedule that works best for you.

### **Pre-op Liquid Diet**

- 8am: protein shake
- 9am: water
- 11am: 12oz Gatorade Zero
- 12noon: protein shake
- 1pm: 1-2 sugar free popsicles
- 3pm: protein shake
- 5pm: 20oz Vitamin Water Zero
- 7pm: 2 cups chicken broth
- 8pm: protein shake
- 10pm: 1 cup hot chamomile tea

This is only an example.

Do not feel limited to only these options.

Add more time slots, more drinks and more variety if needed while on your pre-op liquid diet

### **The Day Before Surgery**

- 8am: protein shake
- 9am: 1 cup hot mint tea
- 11am: 2 cups vegetable broth
- 12noon: protein shake
- 1pm: 1-2 sugar free Jello cups
- 3pm: 20oz Powerade Zero
- 5pm: protein shake
- 7pm: lemon water
- 8pm: protein shake
- 10pm: 1-2 sugar free popsicles
- **Bedtime: only 1 bottle “Ensure Pre-Surgery Clear Carbohydrate Drink”**

### **The Morning Of Surgery**

- **3 hours before surgery: only 1 bottle “Ensure Pre-Surgery Clear Carbohydrate Drink”**
- 3 hours before surgery: 1 pill Aprepitant
- NO PROTEIN SHAKES
- NO CLEAR LIQUIDS
- NO WATER
- NO VITAMINS

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