

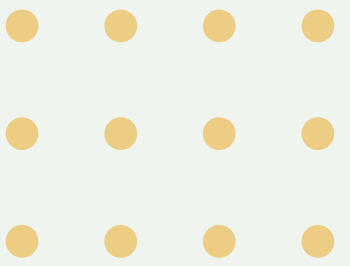
Before Your Surgery: Pre-Op Liquid Diet

If you have any questions,
please call or email Lin Lin, your dietitian.
713-493-7700 (ext. 105) or Linlin@tlcsurgery.com

www.tlcsurgery.com



Why do you need to follow a liquid diet before surgery?

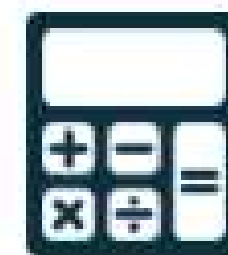


- This is a **very low calorie diet**
 - To help you lose weight, especially the belly fat around your waist
- This is a **very low carbohydrate diet**
 - To help you shrink the size of your fatty liver
- This is an **ALL LIQUID DIET, NO FOOD AT ALL!**
 - This will clean out your stomach
 - If you cheat 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**

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
 - Scroll down the page to find “Calculate Your BMI”

TLC | Weight Loss
Surgery



Calculate Your BMI

BMI CALCULATOR



WEIGHT LOSS SPECIALISTS

In Houston, TX

Does My Employer
COVER WEIGHT LOSS?

 **CHECK HERE**

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?
 - Call our office and we can help you!
 - 713-493-7700
- You can do it! You will survive this liquid diet!

What will you drink during 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 HOMEMADE/STORE BOUGHT SMOOTHIES (SMOOTHIE KING)**
- **NO FRUIT/VEGGIES/OATS/PEANUT BUTTER BLENDED IN YOUR SHAKE!**

- **Clear Liquids:**

- Drink 64 ounces or more to help you stay hydrated
- Clear, See-Through, Any Color, No Protein
- Water, Crystal Light, Gatorade Zero, Sugar Free Jello/Popsicles
- Hot drinks: herbal tea with Stevia/Splenda, clear broth
- **NO ALCOHOL, JUICE, CARBONATION, CAFFEINE**
- **NO CREAMY SOUPS, PUDDING, YOGURT, SOLID FOOD**



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	 	 		 
Plant Based Protein (no milk, and lactose free)		 	 	

These are clear protein drinks

Protein powder

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



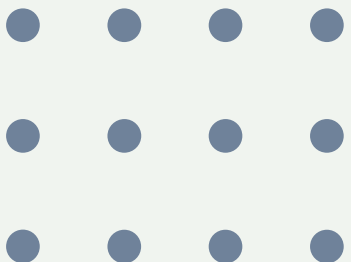
Strategies to Help Manage the Pre-Op Liquid Diet

- 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



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!!



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 12 oz (1 and 1/2 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 day (3 hours before surgery time):
 - Drink 1 bottle Ensure Pre-Surgery Clear Carbohydrate Drink ONLY
 - NO 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: 713-493-7700



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: 12 oz Gatorade Zero
- 12pm: Protein Shake
- 1pm: 1-2 Sugar Free Popsicles
- 3pm: Protein Shake
- 5pm: 20 oz 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

Pre-Op Liquid Diet Sample Schedule

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

The Day Before Surgery:

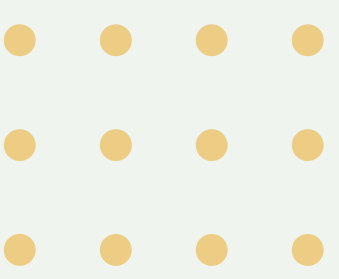
- 8am: Protein Shake
- 9am: 1 Cup hot mint tea
- 11am: 2 Cups vegetable broth
- 12pm: Protein Shake
- 1pm: 1-2 Sugar free Jello cups
- 3pm: 20 oz Powerade Zero
- 5pm: Protein Shake
- 7pm: Lemon Water
- 8pm: Protein Shake
- 10pm: 1-2 Sugar free popsicles
- Bedtime: Only 1 bottle “Ensure Pre-Surgery Clear Carbohydrate Drink”



The Morning of Your Surgery Day

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





Thank You For Your Attention!

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