HOSPITAL BCN

Dr. Jalil Illan

10-Day Preop Diet

FOR WEIGHT LOSS SURGERY

DURATION

10 Days prior Surgery.

L.N. Flor Anaid Lozano Torres
Certified Bariatric Nutriologist
Email: nutrition@hospitalbc.com
Hospital BCN Tijuana B.C. Mexico

L.N. Flor Anaid Lozano Torres
Nutrióloga Bariátrica Certificada
Email: nutrition@hospitalbc.com

Preop-Liquid Diet

This diet is going to be done 10 days prior to surgery.

This liquid diet will help you:

1. Reduce liver size and intra-abdominal fat.
2. Improve the visual field for your surgeon.
3. Reduce co-morbidities.
4. Increase patient's understanding of post-op requirements.
5. Reduce operating time.
6. Reduce postoperative risks.

General Recommendations

- Drink liquids at least every hour.
- Avoid drinking soda or any carbonated drinks.
- Avoid sugar or any foods that may contain sugar.
- Do not skip the recommended mealtimes.
- Avoid alcohol and tobacco.

Liquids Allowed	Liquids Not Allowed
• Skim milk or soy milk. • Isopure protein zero carb. • Sugar-Free Jell-O. • Strained bean or lentil broth without solids (drink only liquid). • Sugar-free Gatorade or Powerade. • Meal Replacement shakes (Glucerna, ensure advance, premier protein). • Herbal / caffeine-free tea. • Infusion of fruit water (not solids, just drink the water). • Diet Kool-Aid, Crystal Light, or Water fl avorings SUGAR FREE. • Coconut water without added sugar. • Sugar free popsicles (only made with water not milk). • Strained broths without solids (fi sh, chicken, beef). • Strained rice or oat with water, without solids, drink only the liquid where they were cooked. • You can sweeten only with stevia or monk fruit. • Protein water (isopure zero carb, bipro protein water).	• Sodas / Soft Drinks (Carbonated drinks) • Juices / Sweet Drinks • Coffee/ Caffeinated drinks • Alcoholic drinks • Chew Gum and Candies

L.N. Flor Anaid Lozano Torres
Nutrióloga Bariátrica Certificada
Email: nutrition@hospitalbc.com

Example:

Hour	Meal	Portion
8 AM	Premier protein.	1 Cup
9 AM	Natural Greek yogurt sugar-free, dilute with little water to remove thickness and remain liquid, you can sweeten with monk fruit if you wish.	1 Cup
10 AM	Caffeine Free Tea NOT HOT.	1 Cup
11 AM	Chicken / Beef / Fish Broth (Only liquid).	1 Cup
12 PM	Caffeine Free Tea NOT HOT.	1 Cup
1 PM	Isopure protein.	1 Cup
3 PM	Chicken / Beef / Fish Broth (Only liquid).	1 Cup
4 PM	Premier protein.	1 Cup
5 PM	Skim Milk.	1 Cup
6 PM	Chicken / Beef / Fish Broth (Only liquid).	1 Cup
7 PM	Sugar-free gelatin + popsicle.	1 Cup
8 PM	Premier protein	1 Cup
9 PM	Chicken / Beef / Fish Broth (Only liquid).	1 Cup
10 PM	Caffeine Free Tea NOT HOT.	1 Cup

NOTE: Remember you must be fasting up until midnight before your surgery.

What can I have the day before surgery up until midnight?

- Allowable items on a clear liquid.
- Decaf; tea/coffee
- Sugar-free; Juice, sports drinks, and Jell-O
- Broth: any flavor

(NO dairy products, protein, or juice with pulp)

You will be NPO (nothing by mouth) after midnight. If you need to take any medication, then please do so with a small sip of water. Please check with your nutritionist about what medications you can take and what ones you will need to stop taking before surgery. If you have any questions, please feel free to call or email.

L.N. Flor Anaid Lozano Torres
Nutrióloga Bariátrica Certificada
Email: nutrition@hospitalbc.com

FAQ

Q. Can I start the pre-op diet sooner?
A. You should contact your nutritionist and discuss if it would be a good option for you.

Q. Can I have protein water on the clear liquid diet?
A. No, you should not have protein, dairy, or foods with pulp on the clear liquid day.

Q. Can I have blended fruit smoothies on the pre-op?
A. Yes, you can use any kind of fruit that doesn't have seeds. Example; No Berries or Kiwi.

Q. What are the fruits I can have?
A. Bananas, mango, Oranges, pineapples, apples, pears just nothing with small seeds in it.

Q. I am diabetic can I have sugar if I have a low?
A. You should try to stay away from sugars and stick to lean protein shakes and low carb pureed soups. There are several low sugar drinks that have only 5 to 10 grams of sugar that are better for raising your levels.

Q. Can I take biotin?
A. You should stop taking all vitamins prior to surgery. Please contact the nutritionist with a complete list of medications and vitamins so she can instruct you best on what you can or cannot take and when you may need to stop taking medications.

Q. Can I take probiotics?
A. You can take these up until the morning of surgery with a very small sip of water.

Q. Does seasoning and sodium matter?
A. You can still use seasoning but no black pepper, turmeric, garlic or mint during the pre-op liquid diet prior to surgery. Your sodium levels should stay below 1200 mg.

Q. Can I have soda?
A. You need to stop drinking all carbonated beverages before your surgery. Once you have WLS this is something that you will not be able to have.

Q. Can I have alcoholic beverages?
A. You need to stop drinking all alcoholic beverages at least 2-weeks prior to surgery.

Q. Can I have nicotine gum or smoke?
A. You need to stop all nicotine products a minimum of 2-weeks prior to surgery. 1 month prior to surgery is best.