HOSPITALBC

Dr. Jalil Illan

24 hour Preop-Liquid Diet

FOR WEIGHT LOSS SURGERY

DURATION

24 hrs prior surgery.

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Preop-Liquid Diet

This diet is going to be done 24 Hrs 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 operating time.
4. 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

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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.