

Liquid Diet Before Bariatric Surgery

All patients are required to start a **Liquid Diet 2 weeks before their surgery date**. Following this diet will not only jump start weight loss but will also help reduce the size of your liver making the procedure easier to perform and thus more successful.

During this time it is important to include a **protein shake** multiple times daily to help ensure good nutritional status prior to surgery. Aim for a goal of ~ **60-80 grams of protein per day** obtained from your protein shake. It would also be beneficial to add a general **multivitamin** and **calcium supplement** as a safety net in meeting basic nutrient needs. While swallow form of supplements will be acceptable long-term, initially chewable forms are recommended for optimal digestion and absorption.

The list below provides recommended liquids and supplements considered acceptable during this 2 week time.

Clear Liquids

- Water
- Diluted Juices (fruit or vegetable)
- Broth Based Soups
- Gatorade or Generic Equivalent
- Flavored water
- Unsweetened Tea
- Coffee
- Crystal Light
- Sugar Free Beverages
- Jello
- Popsicles

Full Liquids

- Hot Cereals (i.e. oatmeal, grits, cream of wheat)
- Creamed Soups
- Yogurt
- Pudding
- Milk
- Custard
- Sherbet

Protein Shakes

There are many protein shake varieties on the market that would be acceptable prior to surgery. After surgery the list will narrow. Feel free to enjoy your preferred kind until that time. Here a few varieties that would be appropriate:

- EAS AdvantEdge Carb Control
- Slim Fast Low Carb
- Atkins Shake
- Boost Glucose Control
- Carnation Instant Breakfast
(no sugar added)

Supplements

Multivitamin

- Centrum Chewables
- One-A-Day Maximum
- Flinstones Complete
- Chewable Mega Teen Multivitamin (GNC)

Calcium with Vitamin D

- Citracal Creamy Bites
- Twin Labs Chewable Calcium Citrate
- Bluebonnet Liquid Calcium Citrate
- Solaray Calcium Citrate Wafers
- Bariatric Advantage Chewy Bites Citrate