

Temple Hospital Bariatric Surgery Program

Weight Loss Liquid Diet for BEFORE SURGERY

Your surgeon has requested that you follow a _____ week/days liquid diet in order to promote weight loss before surgery. Weight loss will help decrease the size of your liver and make your surgery safer.

Start Date: _____

Goal: 800-1000 calories each day

Meal Plan: You can have:

3 shakes each day plus 3 “snacks”

Or

4 shakes each day plus 2 “snacks”

Shakes: See page 2 for options allowed

You will have a shake for breakfast, lunch and dinner.

Limit foods choices to the ones listed under “Snacks”. Do not add extra foods (even fruits and vegetables).

Snacks:

- ½ cup unsweetened applesauce (50 calories)
- ½ cup sugar-free, fat-free pudding (60 calories)
- 6oz fat-free yogurt (80-100 calories)

You can also drink as much as you want of the following **clear liquids:**

- **Water**
- **Crystal Light or similar**
- **Propel zero**
- **Powerade Zero/Gatorade Zero**
- **Tea or coffee w/Equal/Splenda/Stevia (no milk or creamer)**
- **Sugar free Jello (no more than 1-2 servings)**
- **Sugar free popsicles (no more than 1-2)**
- **Broth**

Fluid Goal:

64 ounces or more each day

The day before surgery you will only have clear liquids (no more shakes)

Ready To Drink Liquid Meal Replacements

Premier Protein



160 Calories
30 gr Protein

Fairlife



150 Calories
30 gr Protein

Equate High Performance
(Walmart)



160 Calories
30 gr Protein

Ensure MAX



150 Calories
30 gr Protein

GNC Lean Shake 25



170 Calories
25 gr Protein

Pure Protein



140 Calories
30 gr Protein

Quest



160 Calories
30 gr Protein

Slim Fast
High protein



180 Calories
20 gr Protein

Muscle Milk
ProSeries



170-200 Calories
32-40 gr Protein

Muscle Milk
Light



100 Calories
20 gr Protein

Muscle Milk Genuine
Zero Sugar



160 Calories
25 gr Protein

Orgain Clean
Protein



140 Calories
20 gr Protein

If you choose a product not on this list, including powder, make sure your shake meets these rules:

Less than 200 Calories (including milk, if used)

At least 20gr Protein (including milk, if used)

Less than 5gr Sugar

The following products are an alternative for those who are looking for a clear protein drink. Please note that the calorie content is too low to be considered a meal. You can use 2 (TWO) bottles to replace 1 meal.

Premier Clear



90 Calories
20 gr Protein

Protein 20



70 Calories
15 gr Protein

Please call the office with any questions - Jeanes Campus: (215) 722-3258 Temple Campus (215) 707-3471

AFTER SURGERY Vitamins Shopping list

You need to buy your vitamins before your surgery. Please have all your supplements with you for your first Dietitian Visit.

- ☐ CHEWABLE Bariatric Complete Multivitamin – ***Strongly recommended***

It needs to include:

- 45mg Iron
- at least 12mg vitamin B1 (Thiamine)
- 500-1000mcg vitamin B-12
- 3,000IU/75mcg vitamin D

- ☐ CHEWABLE or LIQUID Calcium Citrate

If you choose a regular chewable Complete Multivitamin (not bariatric-specific), you will need to buy separate vitamin B1, vitamin B12, vitamin D and iron.

What to Take the First Week After Surgery

Morning: Bariatric Multivitamin (1 or 2 chews, depending on the brand)

What to Take the Second Week After Surgery (and forever!)

Morning: Bariatric Multivitamin (1 or 2 chews, depending on the brand)

Lunch: calcium chew/liquid

Dinner: calcium chew/liquid

Bedtime: calcium chew/liquid

Clear Liquid Diet for the First 48 hours after surgery

- Water
- Sugar free Jello
- Crystal Light or similar
- Powerade Zero/Gatorade Zero
- Sugar free popsicles
- Propel Zero
- Broth
- Decaf tea or coffee w/Equal/ Splenda/Stevia (no milk or cream)

Fluid Goal:

3-8 ounces every hour

48-64 ounces or more each day

Food/beverage Log After Surgery

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Food/beverage Log After Surgery

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Date:

Time	Food/Beverage	Amount
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
TOTAL		

Notes for People with Diabetes

If you are being treated with insulin or oral medications to manage your blood sugar levels, please contact your doctor (**Primary Care Physician** or **Endocrinologist**) to review your insulin and/or diabetes medication needs while following this 2-week pre-operative liquid diet.

This diet is very low in calories and carbohydrate content. Blood sugar levels should be monitored closely to avoid low blood sugars (hypoglycemia). We recommend that you check your blood sugar levels 2-4 times per day.

Recognize and Treat a Low Blood Sugar

If your blood sugar level falls below 70 mg/dl, consume 15 grams of simple carbohydrate.

These types of carbohydrate include:

- 3-4 glucose tablets
- 1 serving glucose gel
- ½ cup (4 oz) any fruit juice
- 1 tablespoon sugar or honey

After consuming one of these simple carbohydrates, test your blood sugar 15 minutes later. If your blood sugar is above 70 mg/dl, then you have successfully treated the low blood sugar. However, if your blood sugar continues to remain under 70 mg/dl, then repeat these steps again until your blood sugar has returned to the normal range. **If low blood sugars continue to occur while on the liquid diet, please contact your prescribing physician (PCP or Endocrinologist).**

Please call the office with any questions - Jeanes Campus: (215) 722-3258 Temple Campus: (215) 707-3471