

Liver reduction diet (partial liquid diet)

You have been advised to follow a liver reduction diet before your surgery. This diet helps reduce fat in the liver and abdomen, making your procedure easier and safer. It also supports better glucose control, improves metabolic health and lowers the risk of complications, which leads to a smoother recovery and better overall results.

You will be on this diet for _____ weeks.

If your surgery is delayed, postponed or canceled, call the clinic at 503-561-2448 for changes to diet instructions.

Instructions

- **You will have four to six meals/snacks per day.**
- Drink two or three protein shakes per day.
- Eat one meal consisting of 3 to 4 ounces of lean protein and 2 to 3 cups of nonstarchy vegetables.
- Aim for at least 64 ounces of other fluids (no calories, no carbonation and no caffeine).

Choose one of the following snack options to have once or twice a day:

- 1 cup non-starchy vegetables with 2 tablespoons of light salad dressing, guacamole or hummus
- 6 ounces of plain Greek yogurt
- 2 eggs (any style)
- 2 ounces of turkey plus 1 string cheese
- 1/4 cup unsalted nuts
- 1 cup of melon or berries
- 3/4 cup of low-fat cottage cheese

Approved shakes

- Bariatric Advantage
- EAS AdvantEDGE
- Isopure Protein
- Muscle Milk Light
- ON Gold Standard 100% Whey
- Premier Protein
- Pure Protein
- Unjury

If you choose a shake that isn't on the list, make sure it meets your nutritional requirements. Shakes must have (per serving):

130 to 160 calories | 15 to 30 grams of protein | Less than 10 grams of carbohydrates

Vitamins to take daily while on the pre-op diet

- Continue vitamins recommended at the initial visit with your provider.
- Add one B-complex (Nature Made Super B-Complex or Spring Valley Super B-Complex)

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Possible side effects

Hunger, fatigue and lightheadedness: Drink lots of extra fluids (no calories, no carbonation and no caffeine).

Diarrhea: Try lactose-free products or consider alternative artificial sweeteners or cutting back on products that contain them.

Constipation: Add a fiber supplement (Benefiber) or stool softener (Colace).

Contact the clinic at 503-561-2448 if symptoms do not get better after trying the above suggestions.

Diabetes

Please check your blood sugar frequently throughout the day.

- Long-acting insulin (such as Lantus) should be reduced by 50 to 80 percent.
- Short-acting insulin (such as Novolog) should only be given if blood sugar is above 200.
 - Give two units at that time. Recheck sugar in 20 to 30 minutes (repeat as needed).
- You may be given more specific recommendations for medications/insulin adjustments during your pre-op visit with the surgeon.
- Please be in close contact with your diabetes care team to help you make any necessary adjustments while on this diet.

The day before surgery

For a full 24 hours the day before surgery, we would like you to have only clear liquids:

- Gatorade or Powerade.
- Broths.
- Crystal Light or other water enhancers.
- Jell-O and popsicles.
- Non-pulpy juices like apple, grape or cranberry juice.
- NO PROTEIN SHAKES. Clear protein drinks like Isopure are okay.

Gatorade

- The **night before** your surgery (between 7 and 8 p.m.), drink 28 to 32 ounces of regular Gatorade.
- The **day of** your surgery (four hours before you arrive at the hospital), drink 28 to 32 ounces of Gatorade.
- **Starting three hours before your surgery report time, you may not have anything to eat or drink by mouth.**
- If you are instructed to take medications on the morning of surgery, you may take these with sips of water only.

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