



5 days prior.

### PRE-OP Liver Reducing Diet

The following is a full liquid diet that must be followed **two weeks prior to surgery**. This diet is required to shrink your liver so that your body is properly prepared for surgery.

#### The Full Liquid Diet Requirements:

- Drink 3 protein shakes daily as meal replacements
  - Why protein powder
  - Prepared with water or skim milk
- Pre-made shakes: If you choose to use pre-made shakes the following are the requirements:
  - Must have at least 20g protein, less than 3g fat, less than 15g carbohydrates per serving.
- Foods also allowed in full liquid diet:
  - Sugar-free JELLO-O and popsicles
  - Sugar-free, low-fat pudding
  - Low-fat, carb-controlled yogurt
  - Greek yogurt has highest protein content
  - Broth
  - Creamed soups (Cream of Chicken, Cream of Mushroom, Tomato, etc.)
  - Decaffeinated tea or coffee
  - Sugar-free fluid (at least 64oz daily): water, G2, G Zero, Powerade Zero, Propel, sugar-free flavorings (Crystal Light, sugar-free Kool-Aid), Vitamin Water Zero

#### 2 Days before surgery you need to start a clear liquid diet

- Broth
- Decaf tea or coffee
- Sugar-free JELL-O and popsicles
- Sugar-free fluid: water, G2, Powerade Zero, Propel, sugar-free flavorings (Crystal Light, sugar-free Kool-Aid), Vitamin Water Zero
- \*Nothing red or purple**
- \*Protein powder can be added to clear liquids but must be avoided after midnight the day before surgery**

6/2022