



2022 GUIDELINE

# PRE OP TRANSITIONAL DIET



POMPEII SURGICAL CENTER



## PRE- SURGERY DIET

Before having weight loss surgery, your surgeon has recommended that you follow a low sugar, reduced calorie diet for the next 14 days, it is essential you follow a special pre-operative diet for 2 weeks prior to having weight loss surgery. Patients will need to have a liquid diet during this time, the diet is to help shrink the liver prior to surgery.

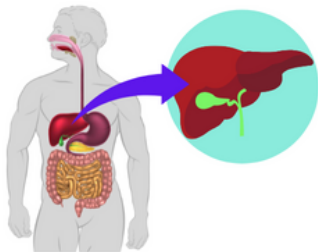
### Healthy semi - liquid diet



Sugar free liquids, protein shakes, plain greek yogurt & cottage cheese

## GOAL

### Liver Shrinkage



- ✓ Low fat, carbs & sugar
- ✓ No volume restriction
- ✓ Different hydration options
- ✓ Dietary supplements

A shrunken liver during surgery gives the surgeon greater access to the exposed stomach laparoscopically, when performing surgery and makes the surgery goes easier, allowing the doctor to have more room to work around the liver. The diet is low in fats and in carbohydrates, therefore, reducing the glycogen stores. This in returns reduces the size of the liver causing it to shrink and soften.

When performing bariatric surgery the surgeon will need to lift your liver to access your stomach. Having a liver which is immobile, fatty, and heavy, will make it difficult for the surgeon to see and have access to the stomach. Following this diet you will lose weight prior to surgery, and more importantly you will reduce the size of your liver.

### Short- term benefits

- ✓ Reduction in liver volume
- ✓ Less risk of complications
- ✓ Increased recovery time
- ✓ Better access to the stomach during surgery
- ✓ Control of high blood sugar during hospital stay



### Long-term benefits

- ✓ Increased weight loss post-op
- ✓ Decreased fat tissue in the body
- ✓ Better adherence to lifestyle change post-op



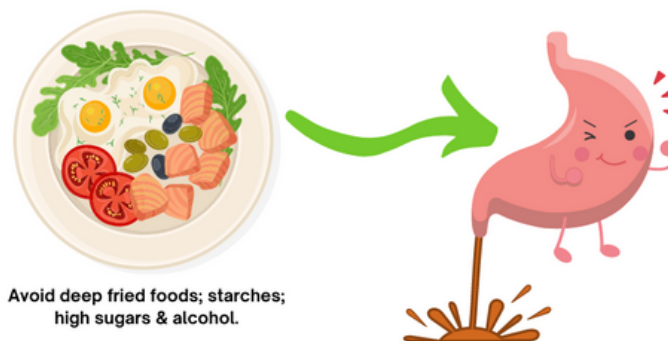
## PRE OP GUIDELINE

### LAST REGULAR SIZE MEAL

( ONLY FOR PATIENTS WITH 2 WEEKS OR MORE OF PRE OP DIET)

Pick your favorite regular meal at home and enjoy with your friends and family, having a "last meal" in Mexico sounds fun, but being on a liquid diet for weeks and having a heavy meal the night before surgery will give unnecessary discomfort. We suggest you do your last regular size meal at least 4 days before surgery this will give your digestive tract enough time to empty reducing the risk of discomfort after surgery.

Enjoy your favorite meal with your friends and family at **least 4 days before surgery**, this will give your body enough time to empty your bowels before surgery.



## HERE IS A LIST OF ALLOWED PRE OP FOOD ITEMS

- All the water you can drink
- Only PB2. No spicy spices: cinnamon, black pepper, peppermint, ginger, turmeric.
- Unsweetened purple grape juice or apple juice. - **NO SUGAR ADDED**-
- Coffee or Tea -**decaf only**-
- Low fat creamer, Skim or 1% milk, Soy milk
- Sugar-free drinks only -Crystal Light, G-2 Gatorade, Diet Powerade, Propel, etc-
- All the broth you can drink -**chicken, beef, bone or vegetable is ok**-
- Please drink 3 Protein shakes per day. Any flavor is fine -with low sugar and carbs- Diet V-8 fusion, etc.
- Sugar-free Gelatin, sugar free sherbert, Popsicles -**no fruit added**-
- Sugar-free Pudding, no sugar added apple sauce
- Low fat cottage cheese
- All the plain yogurt you can eat -greek yogurt has almost double the amount of protein per serving-
- Unsweetened almonds or coconut milk.

**WE ARE AWARE THIS CAN BE A CHALLENGE FOR MANY OF OUR PATIENTS TO DO FOR THE ENTIRE PERIOD OF TIME. IF YOU GET HUNGRY IT IS OKAY THE FIRST WEEK TO EAT 4 OUNCES OF FISH, LEAN TURKEY, CHICKEN BREAST, HAM, ROAST BEEF. BUT IT MUST BE BAKED, BROILED, OR GRILLED.**

# PRE OP GUIDELINE



The Pre Op Transitional Diet has some **restrictions** that will help you achieve the goal of shrinking the liver, hence the surgeon will have better access to your stomach. You need to **AVOID** items that have sugar or added sugar; caffeine; alcohol & smoking.



Sweets



Caffeine



Sugary  
beverages



Alcohol



Smoking

There is a huge variety of items that you can find without sugar or "**No Sugar Added**", we list some of the options bellow.

## No sugar added options



Apple or purple  
grape juice



1% Milk



Almonds milk &  
coconut milk

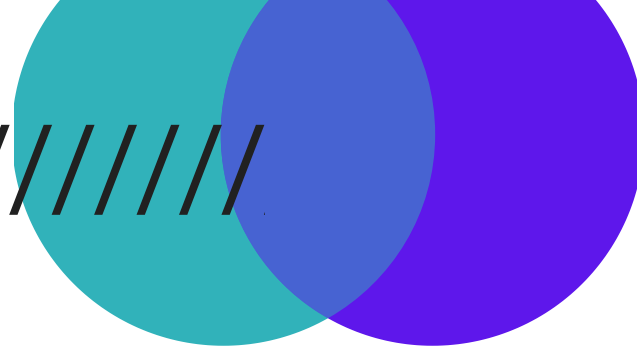


Water    Electrolytes



- ☑ Suggested daily protein intake 80-100 g
- ☑ Plain greek yogurt & low-fat cottage cheese
- ☑ Sugar free: pudding, popsicles, drinks & gelatin
- ☑ Decaf coffee & tea -*avoid caffeine-*
- ☑ Electrolytes
- ☑ Water: try different temperatures
- ☑ Broth: chicken, beef, bone or veggie





## BOWEL MOVEMENT

It is the last stage of digestion. At this point all of the nutrients and liquids have been absorbed.

Diarrhea happens when stool passes through the large intestine too quickly.

Constipation occurs when stool passes through the large intestine too slowly. In case you feel you are constipated the use of a lactose - free stool softener might be your best option.

### Use a stool softener 3 days before surgery

To minimize discomfort of:

- ☑ Constipation before and after surgery
- ☑ Hemorrhoids
- ☑ Intestinal blockages
- ☑ Headaches
- ☑ Cramping
- ☑ Gas pain



## THE DAY BEFORE SURGERY

You are allowed to have your last protein shake up to **11:59 PM PT**.

**IMPORTANT: The Protein Bar at Beach House is open from 8:30 AM until 7:00 PM PT, make sure to consider this if you have a late arrival.**

## THE DAY OF SURGERY

If you feel a little bit thirsty you are allowed to sip

**ONLY WATER**

from **12:00 AM** (midnight) until **4:00 AM PT**



## SPECIAL INFORMATION

### PATIENTS WITH DIABETES

If you have diabetes and are treated with insulin or a sulphonylurea tablet (gliclazide, glibenclamide, tolbutamide, glimepiride, glipizide) you will need to adjust your insulin or medication. They will need to understand your calories will be around 800/day from the time you start this diet and medication management goal is to have less medication and not more food.

For this reason please contact your Diabetes Specialist, Nurse/Practice, Nurse/GP/PCP before starting the preoperative diet to discuss your medication and any possible adjustments needed. It is also recommended you monitor your blood sugar closely. This diet will likely be a reduction for normal intake of carbohydrates and calories. Consult with your medical provider as needed.

### LACTOSE INTOLERANCE

If dairy products including milk give you gas, cramping, bloating or diarrhea you may be lactose intolerant. It is recommended you choose "Boost Diabetic" for your meal replacement choice because it is lactose free. If you choose to use a protein shake made with milk products take a "Lactaid" or similar lactase enzyme pill at the start of each meal containing one of these products. As you will see in the pre-Operative diet snack choices include cottage cheese, and yogurt many lactose many lactose intolerant individuals are able to consume yogurt without experiencing gas or bloating. If you choose to eat cottage cheese it is recommended you take the lactose enzyme with you cottage cheese.



# DIETARY SUPPLEMENTS

Due to the specifications of the Pre Op Transitional Diet we suggest to start with dietary supplements, these will also be needed after surgery.

## Dietary Supplements



**Multivitamin  
with Iron**



**Calcium  
Citrate**



**Biotin**



**Probiotics  
50 billion CFU's**

01

### MULTIVITAMIN WITH IRON

We recommend any brand, as long as it's chewable, liquid or meltdown, this way you will have a stock for your post surgery requirements.

02

### CALCIUM CITRATE

Our body needs from 1200 - 1500 mg of Calcium per day. The maximum amount it can absorb in a period of 4 hours is 600 mg. Make sure to have your daily intake to avoid bone mass reduction.

03

### BIOTIN

Biotin is the main source for healthy hair & nails. Even though the multivitamin already comes with biotin, some extra help with hair & nail treatments will give that extra kick and protection.

04

### PROBIOTICS

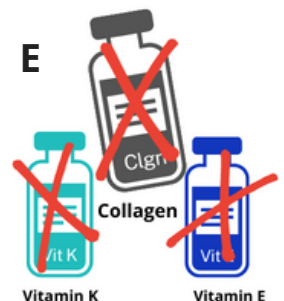
Our gut microbiota (healthy bacteria) helps in major metabolic processes in our body, such as digestion and microbial protection.

05

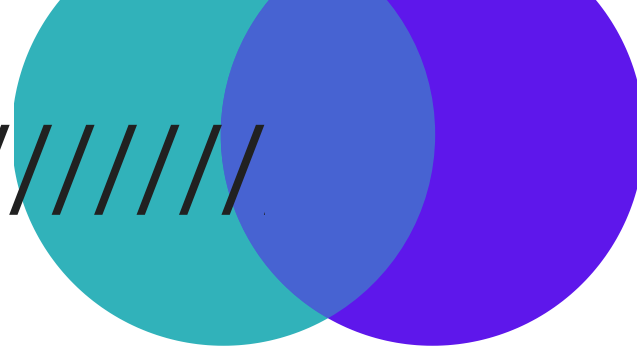
### COLLAGEN, VITAMIN K & VITAMIN E

Collagen supplements are hard to digest and may increase the risk of internal bleeding. Avoid collagen supplements at least 2 weeks before surgery and 4 weeks after.

Vitamin K & vitamin E are natural anticoagulants, these may increase the risk of bleeding. Avoid at least 2 weeks before surgery.







## WEEKLY CHECKLIST

THE NUMBER OF WEEKS OF THE PRE OP TRANSITIONAL DIET WILL BE ACCORDING TO THE BMI. EACH WEEK WILL HAVE A SMALL TRANSITION.

### BMI 75 OR MORE

#### Four weeks before surgery



- ✓ Protein shakes
- ✓ 4 oz lean meat: **grilled, boiled or steamed**



- ✓ Bowl of veggies



- ✓ Plain greek yogurt & **low-fat** cottage cheese

- ✓ **Sugar free**: pudding, popsicles, drinks & gelatin

- ✓ Water: try different temperatures



- ✓ Broth: chicken, beef, bone or veggie

- ✓ **Decaf** coffee or tea



### BMI 64 TO 74

#### Three weeks before surgery



- ✓ Protein shakes
- ✓ 4 oz lean meat: **grilled, steamed or boiled**



- ✓ Bowl of veggies



- ✓ Plain greek yogurt & **low-fat** cottage cheese

- ✓ **Sugar free**: pudding, popsicles, drinks & gelatin

- ✓ Water: try different temperatures

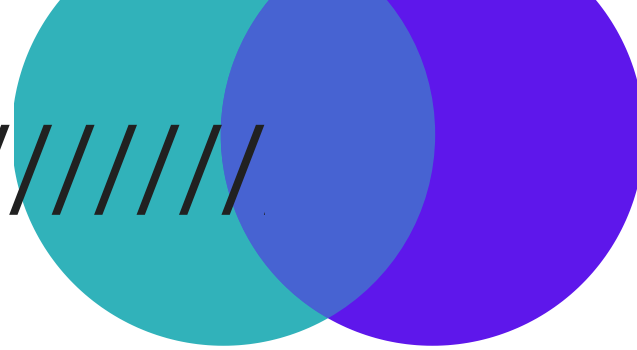


- ✓ **Broth**: chicken, beef, bone or veggie

- ✓ **Decaf** coffee or tea







## WEEKLY CHECKLIST

THE NUMBER OF WEEKS OF THE PRE OP TRANSITIONAL DIET WILL BE ACCORDING TO THE BMI. EACH WEEK WILL HAVE A SMALL TRANSITION.

### BMI 34 TO 63

#### Two weeks before surgery



- ✓ 4 oz lean meat: **grilled, steamed or boiled**
- ✓ Protein shakes



- ✓ Plain greek yogurt & **low-fat** cottage cheese
- ✓ Sugar free: **pudding, popsicles, drinks & gelatin**
- ✓ Water: try different temperatures



- ✓ **Broth**: chicken, beef, bone or veggie
- ✓ **Decaf** coffee or tea



### BMI 33 OR LESS

#### One week before surgery



- ✓ Protein shakes



- ✓ Plain greek yogurt & **low-fat** cottage cheese
- ✓ Sugar free: **pudding, popsicles, drinks & gelatin**
- ✓ Water: try different temperatures



- ✓ **Broth**: chicken, beef, bone or veggie
- ✓ **Decaf** coffee or tea

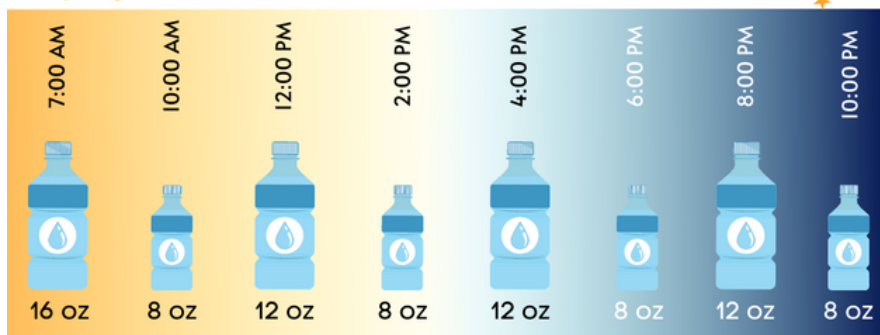




## HYDRATION

Staying hydrated keeps us healthy, it regulates our body's temperature, helps with digestion, keeps joints lubricated, it is crucial for nutrient delivery into our cells, it even improves our mood and emotional state.

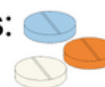
If you think you might have a little of trouble with your hydration, feel free to use an app on your phone or set the alarm clock to help you remember. Make sure to drink at least 64 oz of liquids.



### ONE WEEK BEFORE SURGERY



Avoid taking anticoagulants:  
heparin or warfarin;  
and blood thinners like aspirin.



For further questions regarding  
your diet, our coordination team  
will be happy to assist you.

☎ Primary Line

**619-894-2360**

☎ Secondary Line

**619-883-9650**

Chat Box

[www.pompeiisurgical.com](http://www.pompeiisurgical.com)