

## Your Diet Before Surgery for Weight Loss

Your surgeon wants you to follow a special diet for **two weeks** before your operation unless you have been advised otherwise. The diet below helps to reduce the size of your liver and makes it easier to operate. The effect on the liver is temporary and does not harm it.

### How does the diet work?

- Our bodies store a substance called glycogen in our liver and muscles.
- Glycogen is stored with up to four times its own weight in water.
- A diet that is low in carbohydrate (sugars and starches) allows the glycogen stored in the liver to be used up and its water is released.
- This water is lost as extra urine and you may notice that you pass urine more frequently on this diet.
- The liver will shrink a bit and become softer so your surgeon can work around it more easily.

### Golden rules

- ✓ Follow the diet for two weeks, or as advised, immediately before surgery. This includes your time in hospital just before the operation when you should pick foods from the main hospital menu to fit in with the eating plan.
- ✓ Do not continue the diet after surgery. You will be given dietary advice at that time.

- ✓ You may lose a lot of weight when following the diet but this is mainly water and is temporary. You should aim to drink 6-8 cups of fluids per day.
- ✓ Have only the foods and drinks listed and in the amounts stated or the diet may not work.
- ✓ The diet is quite restrictive but remember, it is only for a short time.
- ✓ If your operation does not go ahead then you should stop the diet and return to normal eating.
- ✓ The eating plan is low in calories and you may feel quite tired or develop headaches and dizziness whilst following the diet. This is normal but if you become unwell for any reason please contact your surgeon to see if you should continue with the diet.

### Caution if you have diabetes

If you have diabetes and are on tablets or insulin for this then you must speak to your diabetes nurse or doctor about what you should do with your treatment before you start the diet. The information they may need to know is that it is a low fat and low carbohydrate diet of approximately 1000kcal and 100g carbohydrate a day.

# Eating Plan

## • Daily allowances

Half pint skimmed or semi-skimmed milk (use for cereals and drinks)

2 portions of fruit e.g. one apple and one small banana

One small glass fruit juice

One low fat and low sugar yoghurt or fromage frais

1oz/25g low fat spread or 2 teaspoons oil

## • Breakfast

1oz/25g non-sugar coated breakfast cereal or 1 Weetabix or 1 Shredded Wheat - milk from allowance, no sugar (powdered sweetener can be used)

or 1 slice toast with spread from allowance - no jam/marmalade/honey

## • Evening meal

2 small potatoes about the size of an egg or 2 tablespoons of rice or 2 tablespoons pasta or half medium chapatti (20cm/8inch diameter)

Salad or vegetables as lunch

Meat, chicken, fish, cheese, eggs, tofu or Quorn as lunch but double quantities

## • Drinks allowed

Tea and coffee with milk from allowance (no sugar, use sweetener if needed)

Water, low calorie squash, diet or sugar free fizzy drinks.

## • Lunch

1 slice bread or 2 crispbreads - spread from allowance

Salad or vegetables (no limits on quantity) - no salads with beans, pasta, croutons, potatoes or rice or couscous in them. No vegetables or salad with dressing, sauces or mayonnaise

Small portion lean meat or chicken (2oz/50g) - no burgers, sausages, pies, kebabs or other fatty meat products. If used, eat as little sauce or gravy as possible.

or small portion white fish (3oz/75g) - no crumbed, battered, fried or fish in sauce

or 1oz/25g cheese (about size small matchbox)

or 1 egg - poached, boiled or scrambled (no extra fat)

or 4oz/100g tofu or Quorn

## • Snacks

Choose from the 'daily allowance' list or have sugar free jelly or raw vegetables.

## • Avoid beans, lentils, chickpeas and starchy vegetables e.g. parsnips and yams

These foods are usually good foods to eat as they are very nutritious but they are high in carbohydrate so, just for the duration of this diet, they are best avoided. If you are unsure please ask your dietitian.

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

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We use Next Generation Text for people with hearing difficulties. This used to be called BT Text Relay. To contact us ring 18001 01274 365108.

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