

Nutrition Guidelines for Bypass, Sleeve, & Band

PRE-OPERATIVE DIET (BEFORE YOUR SURGERY)

Duration: One week **before** your surgery

Purpose: To shrink the size of your liver and make it easier for your surgeon to get under your liver to reach the stomach to perform your surgery.

What to Have:

- **Protein drinks (4-5 daily)**
- Drinkable yogurt
- No Sugar Added Carnation instant breakfast
- Skim or 1% milk
- Low-fat Creamy soups (NO chunks)
- Tomato basil soup
- Broth Water
- Diet juices
- Crystal Light
- Sugar-free popsicles
- No sugar added fudgesicles

What to AVOID:

- Milkshakes
- Malts
- Ice cream
- Soda or other carbonated beverages
- Energy drinks
- Juice with added sugar
- Sweet tea (tea sweetened with sugar)