

**PRE OP DIETS BEFORE
BARIATRIC SURGERY**

PATIENT INFORMATION LEAFLET

Department of Nutrition and Dietetics

Sunderland Royal Hospital

Introduction:

You are on the waiting list for bariatric surgery. Please read all the information in this booklet as it will help prepare you for your operation.

Prior to your operation it is important to follow a restricted diet. This must be followed for **10 days** prior to your surgery. The purpose of the diet is to reduce the size of your liver.

This is very important as it will make your operation easier. If you do not follow the advice your operation will be more difficult.

Diet options

Diet one (milk)

Unless you are diabetic, this is the diet you are encouraged to follow. It is based on milk, yogurt and fruit and is the best diet at reducing the size of your liver.

Diet two (alternative)

This diet should be followed if you have diabetes controlled by diet or medications. If you dislike milk or are allergic to it, you may also follow this diet.

Diet three (diabetic on insulin)

This is suitable for patients who are diabetic on insulin. You may need to make adjustments to your insulin intake. You should discuss this with your GP or Diabetic nurse.

You must follow only **one** of the diets. You can not combine or alternate between the diets. If you are unsure about which diet to follow or have any questions, please contact one of the bariatric Dietitians on 0191 5656256 ext 42832.

Diet one

Liver reducing diet (milk)

Daily allowance

2-3 pints of semi skimmed or skimmed milk

2 diet or light yogurts – natural or fruit flavoured

3-4 portions of fruit (you are allowed all varieties but try to include a banana, orange or grapes each day)

Sugar free Jelly (optional)

One bowl of vegetable soup – preferably home made. It should not contain potatoes or pulses e.g. lentils or beans.

Drinks

Water, tea, coffee, and low calorie drinks or squashes are allowed freely. Sweeteners are allowed.

1 small glass of no added sugar fruit juice (orange, pineapple or tomato)

No other foods should be eaten.

Alcohol is not allowed.

Diet two

Liver reducing diet (alternative)

Breakfast

1 small glass of no added sugar fruit juice
1 weetabix **or** small bowl of unsweetened cereal with skimmed
or semi-skimmed milk

Lunch

1 slice of bread or 2 crispbreads
Small portion of either: lean meat, fish, cottage cheese or 1 egg
Salad - no dressing

Dinner

Small portion of lean meat or fish
1 small potato or 2 tablespoons of boiled rice or pasta
Vegetables

Daily

½ pint semi skimmed milk for use in drinks and on cereal
1 diet or light yogurt
2 portions of fruit – e.g. apple, orange, banana, pear

Water, tea, coffee, and low calorie drinks or squashes are allowed freely. Sweeteners are allowed.

No other foods should be eaten.

Alcohol is not allowed.

Diet three

Liver reducing diet (diabetic on insulin)

Breakfast

1-2 weetabix **or** small bowl of unsweetened cereal with skimmed or semi-skimmed milk
or 1-2 slices of toast

Lunch

2 slices of bread or 4 crispbreads
Small portion of either: lean meat, fish, cottage cheese or 1 egg
Salad – no dressing

Dinner

Small portion or lean meat or fish
2-3 small potatoes or 4 tablespoons of rice or pasta
Vegetables

Daily

½ pint skimmed or semi skimmed milk for use in drinks and on cereal

1 diet or light yogurt

2 portions of fruit – e.g. apple, orange, banana, pear

Water, tea, coffee, and low calorie drinks or squashes are allowed freely. Sweeteners are allowed.

No other foods should be eaten.

Alcohol is not allowed.

Diet after your operation

During your hospital stay, a Dietitian will visit you to explain in detail the advice you will need to get the best results from your operation.

General advice

Following your operation you will be on a puree diet, you will find it useful to have a liquidiser or blender.

Following a gastric band insertion you will require a puree diet for 2 weeks.

Following a sleeve gastrectomy or a gastric bypass you will require a puree diet for 4 weeks.

In preparation for your discharge from hospital, you may find it useful to have a selection of foods ready such as:-

Porridge or ready brek

Weetabix which can be softened with milk

Diet or light yogurts

Smooth soups which should contain some pureed meat or pulses

Mashed potatoes

Low fat soft cheese

Pureed vegetables

Pureed or stewed fruit

Skimmed or semi skimmed milk

You should also purchase a multi vitamin A-Z to start taking after your operation.