

## Pre-Op Diet Guidelines Based on BMI

BMI	Pre-Op Diet Length of Time
30-32	2 days clear liquids only
32-39	1 week including two days clear liquids
40-45	2 weeks including two days clear liquids
46-49	3 weeks including two days clear liquids
50-59	6 weeks including two days clear liquids
60+	8 weeks including two days clear liquids

### General Overview

- ✓ Aim for 2-3 meals of solid food, this will stay in your stomach longer keeping you full. You can use protein shakes as a supplement snack, generally, 1-2 protein shakes per day.
  - **Protein powder/drinks:** You may purchase these at any health food store or many grocery stores. Please be sure it contains at least 20 grams of protein per serving and less than 5 grams of sugar.
- ✓ You can eat as many raw or cooked non-starchy vegetables as you want (no potato, corn, green peas, or squash).
- ✓ Two 4 -7oz servings of lean protein (chicken, turkey, fish, seafood, lean ground beef)
- ✓ 1 – 2 servings of healthy fat (salad dressing, olive oil, nuts, avocado, olives).
- ✓ You can have ½ cup of fruit daily, try adding ½ cup of frozen berries or ½ banana to your protein shake.
- ✓ You can make your shake with unsweetened vanilla almond milk or unsweetened coconut milk (no regular milk- too much sugar).
- ✗ No bread, rice, pasta, tortillas, refined grains, sauces with sugar, and no dairy (milk, yogurt, cheese).

Since you can have as many veggies, here is a great soup you can make to eat when you are hungry: <https://mexicobariatriccenter.com/weight-loss-magic-soup/>



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## 14 Days Prior to Surgery

- Discontinue all vitamins and supplements unless otherwise approved by your surgeon. This includes probiotics.
- Discontinue caffeine (coffee, black tea, green tea, energy drinks) and alcohol. Try decaffeinated coffee and teas instead.

## 7 Days Prior to Surgery

- Some medications may need to be discontinued before surgery depending on the instructions of your SURGEON.
- **Specific medications to STOP:** Coumadin, ANY ANTICOAGULANTS, OR BLOOD THINNERS Plavix, Aspirin, Ibuprofen, Motrin, Advil, Nuprin, Aleve, or any other non-steroidal anti-inflammatory medication. \*\*Remember this also includes baby aspirin and most arthritis medications. As these can all cause stomach irritation and possibly more bleeding postoperatively.
- If there are any medications you need to stay on, talk directly with your coordinator to get an ok from your surgeon.
- Discontinue birth control and supplemental hormones (IUD'S AND IMPLANTS ARE TOTALLY SAFE and do not need to be removed).

## 2 Days Prior to Surgery: **Begin Clear Liquid Diet**

Consume only clear liquids;

- Apple or other clear juice without pulp or carbonation. (Honest Kids Juice is the lowest in sugar (10 g. per serving. If you get regular juice use 100% real juice and dilute with water, 25% juice/75% water)
- Clear broths: Chicken, Vegetable, or Beef.
- Water or Flavored Water.
- Sugar-free drinks such as crystal light, vitamin zero water, Powerade zero.
- Sugar-free protein waters are acceptable as well, such as isopure, premiere protein water, and Protein2O.

## 8 Hours Prior to Surgery

- Absolutely *nothing* to drink after midnight before surgery or 8 hours prior to surgery.
- Absolutely NO medications unless directed by the doctor. (If you have been pre-approved to take any medications by your physician leading up to surgery, you may take small sips of water for swallowing.)

- Please bring ALL your prescribed medications (whether you are currently taking them or not) in properly labeled pharmaceutical bottles for documentation during Pre-Op testing. Do NOT take any medications after surgery until you have consulted with the doctor(s) and gotten approval.

## Pre-Op Diet Approved Foods

Proteins	Vegetables	Fats
Grass-Fed Meat	Celery	Avocado
Lamb	Bok Choy	Olive Oil
90/10 Lean cut beef	Mushrooms	Coconut Oil
Lean pork (Pork Tenderloin)	Zucchini	Nuts (limit 1 handful per serving)
Wild Game (Buffalo, Elk, Venison)	Radish	Nut Butters (1 TBSP per serving)
Organic Poultry	Asparagus	Chia Seeds
Chicken Breast	Tomato	Flax Seeds
Eggs / Egg Whites	Cauliflower	85% Beef
Egg Substitute	Bell Pepper	90% Bison
Turkey	Cabbage	Salmon
Wild Caught Seafood	Eggplant	Hemp Seeds
Vegan Protein Powder	Brussel Sprouts	Whole Eggs
Whey Protein Powder	Broccoli	
Beans (all varieties)	Green Beans	
Nuts & Seeds	Carrots	
Tempeh	Black Beans	
Tofu	Lentils	
Fairlife Milk (Lactose-Free)	Chickpeas	
Clams, Crab, Lobster, Shrimp, Scallops, Squid		

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**Post-Op Diet Webinar Slideshow PDF**

