

## Pre-Op Diet Guidelines Based on BMI

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

## 14 Days Prior to Surgery (Regardless of Pre-op Diet Length)

- Discontinue ALL vitamins and supplements unless otherwise approved by your surgeon.
- Discontinue drinking ALL caffeine 2 weeks prior to your surgery date. Caffeine may cause acid reflux post-op due to the acidity. You may drink decaffeinated coffee/tea. Please ensure to stay hydrated.
- Discontinue oral birth control and supplemental hormones
  - IUD'S & IMPLANTS are safe and do not need to be removed
- Discontinue the use of alcohol, marijuana, or THC products two weeks prior to surgery. These increase bleeding risk.

## 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.

## 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.



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## 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 (1 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	Salmon
Egg Substitute	Bell Pepper	Hemp Seeds
Turkey	Cabbage	Whole Eggs
Wild Caught Seafood	Eggplant	Olives
Vegan Protein Powder	Brussel Sprouts	
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	Cucumbers	
Tuna	Leafy Greens	