

**The Bariatric Center of Kansas City**  
*Providing Surgical Solutions to Obesity*  
**Pre-op Liquid Diet**

**Patient Name:** \_\_\_\_\_

**Follow this diet for:**                     **2 Weeks**                     **before surgery**

This pre-op diet will help reduce the size of your liver and increase the chances for a safe and successful surgery. In some cases the liver can be too large to retract out of the way, making it impossible to visualize the stomach. At that point, the surgeon would be **unable to safely complete your surgery**.

Start a clear liquid, low sugar diet. The following liquids can be taken in any amount since they do not contain sugar:

- Sugar-free fruit flavored water (non carbonated), decaf tea, and water.
- Also broth, sugar free Jell-O, and sugar free popsicles.
- Low carbohydrate protein drinks – make sure you are getting **60gms of protein/per day** (see list from dietician)
- Consume these liquids in moderation as they contain larger amounts of sugar: Gatorade, or PowerAde, Regular Jell-O, popsicles or no sugar added fudgsicles, 1 cup skim (1%) milk, 8 ounces light low-carb yogurt.

**Attention Diabetics:** For those with Diabetes, we recommend consuming 15 grams of carbohydrates every 2 hours. Be sure to monitor your blood sugars and contact your doctor as necessary. If your blood sugar is greater than 150 mg/dl, spread out these beverages/foods over a 3 hour period. Beverages with 15 gm of carbohydrates include:

- 1 regular popsicle
- 1 cup milk, skim or 1%
- 6 ounces light yogurt
- 1/3 cup regular Jell-O
- ½ cup regular Kool Aid
- 1 Tbsp. honey or sugar (can be used to sweeten a beverage)
- ½ cup orange, apple or grapefruit juice