



## PRE-OP INSTRUCTIONS (GETTING READY FOR SURGERY)

### PRE OPERATORY DIET

You must prepare your body before surgery, this pre-op diet is to shrink the liver; also to decrease blood lipids and prevent post surgical complications.

#### **Start ## Days Prior to Surgery (\*\*Depends on BMI, see last page)**

- Do not smoke.
- Use a prepared canned or powdered protein drink (prefer a fat free and low carb one). You may purchase these in any health food store or many grocery stores. Please be sure it contains at least 20 grams of protein per serving. You can make your shake mixing **half water** and half unsweetened vanilla almond milk, coconut milk or skim milk. (Preferably mix it only with water)

#### MENU EXAMPLE

Breakfast: 1 protein drink

Lunch: 1 protein drink

Dinner: Salad with Protein (chicken, fish, egg, etc.), small amount of fat-free dressing.

Evening Snack: 1 protein drink (if needed).

\* You can eat one small portion of raw or cooked vegetables if you feel hungry at other time during the day.

- Discontinue vitamins, hormonal medications, Aspirin (unless it is baby-aspirin prescribed for heart condition), Ibuprofen, Motrin, Advil, Nuprin, Aleve or any other non-steroidal anti-inflammatory medication. This includes most arthritis medications. These medications can cause unnecessary bleeding after surgery. (If you are not sure, please check with our doctors.)
- For headache or minor pains you may use Tylenol.
- Do not take any herbal medications/remedies.



## CLEAR LIQUID DIET

### (After the pre-operative diet and before surgery)

**\*\*Few days Prior to Surgery (\*\*Depends on BMI, see last page)**

In a clear liquid diet you can **only** have transparent liquids (liquids you can see through); this kind of liquids stays liquid at a normal temperature.

Some examples of these liquids are:

- Fruit juices (apple, grape, cranberry, etc.) mixed with water.
- Non-fat broths: chicken, beef or fish. (Just the broth).
- Jell-O
- Tea.
- Flavored Water.
- Gatorade.
- Popsicle. (Water base; not milk)

You also should take a **Whey protein Supplement**, low carbohydrates and low fat. And mix it with water. You can have from 1 to 3 servings of this protein per day.

Characteristics of ideal whey protein supplement:

Content per portion: >20gr of protein. <6gr of carbs. <3gr of fats.

\*Milk or dairy is **not allowed** on this diet.

- Complete bowel prep by taking a gentle **laxative** of your preference on the 3rd day prior to surgery.



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### 8 Hours Prior to Surgery

- Absolutely nothing to drink after the midnight preceding surgery, or 8 hours prior to your surgery. (Your stomach has to be empty)
- NO medications unless directed by the doctor. (If you have been pre-approved to take any medications by your doctor 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.

**NOTE:** High blood pressure, diabetes, anti-depressives, thyroid hormone substitutes medications SHOULD NOT be suspended.

## How many days should I follow the PRE-OPERATORY & CLEAR LIQUID diet?

- **If BMI is <34. Follow the diet 5 days.**

Start the pre-Operatory diet 5 days prior to surgery. And start the Clear Liquid diet 3 days prior to surgery. (2 days first stage and 3 days clear liquid stage)

- **If BMI is 35-40. Follow the diet 10 days.**

Start the pre-Operatory diet 10 days prior to surgery. And start the Clear Liquid diet 3 days prior to surgery. (7 days first stage and 3 days clear liquid stage)

- **If BMI is >40. Follow the diet 14 days**

Start the pre-Operatory diet 14 days prior to surgery. And start the Clear Liquid diet 5 days prior to surgery. (9 days first stage and 5 days clear liquid stage)

- **If BMI is >45. Follow the diet 15 days**

Start the pre-Operatory diet 15 days prior to surgery. And start the Clear Liquid diet 8 days prior to surgery. (7 days first stage and 8 days clear liquid stage)

- **If BMI is >50. Follow the diet 20 days**

Start the pre-Operatory diet 20 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. (10 days first stage and 10 days clear liquid stage)

- **If BMI is >60. Follow the diet 30 days**

Start the pre-Operatory diet 30 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. (20 days first stage and 10 days clear liquid stage)

- **If BMI is >70. Follow the diet 40 days**

Start the pre-Operatory diet 40 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. (30 days first stage and 10 days clear liquid stage)

- **If BMI is >80. Follow the diet 60 days**

Start the pre-Operatory diet 60 days prior to surgery. And start the Clear Liquid diet 20 days prior to surgery. (40 days first stage and 20 days clear liquid stage)

You can also join our private FB Support Group where you will receive nutrition information, and support from other members and the nutritionist. <https://www.facebook.com/groups/BariatricSurgeriesSupport/>

**How many days should I follow the  
PRE-OPERATORY & CLEAR LIQUID diet?**

<p><b>If BMI is &lt;34. Follow the diet 5 days.</b> Start the pre-Operatory diet 5 days prior to surgery. And start the Clear Liquid diet 3 days prior to surgery. TOTAL: 2 days first stage and 3 days clear liquid stage.</p>	<p><b>If BMI is &gt;35. Follow the diet 10 days.</b> Start the pre-Operatory diet 10 days prior to surgery. And start the Clear Liquid diet 3 days prior to surgery. TOTAL: 7 days first stage and 3 days clear liquid stage.</p>
<p><b>If BMI is &gt;40. Follow the diet 14 days</b> Start the pre-Operatory diet 14 days prior to surgery. And start the Clear Liquid diet 5 days prior to surgery. TOTAL: 9 days first stage and 5 days clear liquid stage.</p>	<p><b>If BMI is &gt;45. Follow the diet 15 days</b> Start the pre-Operatory diet 15 days prior to surgery. And start the Clear Liquid diet 8 days prior to surgery. TOTAL: 7 days first stage and 8 days clear liquid stage.</p>
<p><b>If BMI is &gt;50. Follow the diet 20 days</b> Start the pre-Operatory diet 20 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. TOTAL: 10 days first stage + 10 days clear liquid stage.</p>	<p><b>If BMI is &gt;60. Follow the diet 30 days</b> Start the pre-Operatory diet 30 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. TOTAL: 20 days first stage + 10 days clear liquid stage.</p>
<p><b>If BMI is &gt;70. Follow the diet 40 days</b> Start the pre-Operatory diet 40 days prior to surgery. And start the Clear Liquid diet 10 days prior to surgery. TOTAL: 30 days first stage + 10 days clear liquid stage.</p>	<p><b>If BMI is &gt;80. Follow the diet 60 days</b> Start the pre-Operatory diet 60 days prior to surgery. And start the Clear Liquid diet 20 days prior to surgery. TOTAL: 40 days first stage + 20 days clear liquid stage.</p>