



Pre-Op Diet for Weight Loss Surgery

Pre-operative weight loss is desirable to decrease the risk of complications for our patients scheduled for weight loss surgery. Weight loss before surgery reduces the risk of conversion from laparoscopic surgery to an open procedure. Pre-operative weight loss also reduces the severity of co-morbidities, reduces operating room and recovery time. To be specific:

- Reduces liver size and intra-abdominal fat
- Improves visual field
- Reduces co-morbidities
- Increases patients understanding of post-op requirements
- Reduces operating time
- Reduces post-operative risks

Bariatric Advantage®

Our program recommends Bariatric Advantage Meal Replacements for our pre-op surgery patients. Bariatric Advantage provides a complete line of nutritional supplements that have been specifically formulated to meet the unique demands of both the pre-operative bariatric surgical candidate as well as the post-operative bariatric surgical patient.

The Bariatric Advantage High Protein Meal Replacement comes in an economic 24-serving tub with a measured scoop to make accurate dispensing easy. Each 140-calorie serving provides a full 27 grams of protein, with only 7 grams of carbohydrates (of which 5 grams are fiber, and only 1 gram is sugar) and 4 grams of fat. Meal replacements come in a great variety of flavors (chocolate, vanilla, chocolate-mint, strawberry, banana, coffee) as well as an unflavored shake.

Pre-Operative Protocol

In order to lose weight pre-operatively, the meal replacements and control bars are recommended for every patient. This protocol involves total replacement of normal daily foods and should be followed precisely. **Please start your pre-op meal replacement diet 15 days before surgery and continue for 14 days. The day before surgery will be a cleansing day with clear liquids only. Do not drink any Bariatric Advantage Meal replacement Shakes the day before surgery.** Our recommendations are as followed:

Shakes	Water	Calories per day
4-5 shakes per day Any flavor	32-64 ounces per day	700-900

*****It is very important that you adhere to the pre-op diet** that your surgeon is recommending for you. Situations have occurred where surgeries have been cancelled due to non-compliance with the pre-op diet. Please understand this can happen if you do not follow the guidelines. If you find yourself struggling with the guidelines, please call the office for support and guidance.

Please note: Diabetic patients, it is important to monitor your blood sugar levels at least 4 times a day. Any questions regarding blood sugars or insulin dosing should be directed to your primary care doctor or your endocrinologist.