



Liver reduction diet prior to bariatric (weight loss) surgery

This leaflet explains why you need to go on a liver reduction diet before your weight loss surgery and what that diet entails.

What is a liver reduction diet?

Just before your bariatric surgery, you will need to go on a liver reduction diet. The aim of this diet is to shrink the size of your liver so that the surgeons can easily access your stomach in order to operate. This diet will be for either 2 or 4 weeks – your surgeon or bariatric nurse will let you know how long.

It is important that you strictly follow this diet without any additional foods or drinks. At the Royal Berkshire Hospital we recommend a liquid only diet.

Each day you should have one of the following options:

OPTION 1:

- 4 cans of Weight Watchers soup (295g) **OR** 3 cans of supermarket own brand 'healthy' soups (400g)
- **PLUS:** 4 low fat / diet yogurts, e.g. Muller light or supermarket own brand (175g)
- **PLUS:** 1 pint of semi-skimmed milk (can be added to unsweetened tea or coffee)

OPTION 2:

- 4 servings of meal replacement shakes
Each shake should be within the following parameters:
 - Around 200 calories
 - 15g – 25g carbohydrates
 - 15g – 20g protein

Suitable shake options (at time of publishing): Slimfast bottles (not sachets), Asda great shape, Morrisons in shape, My protein meal replacement, Tesco slim shake.

IN ADDITION TO BOTH OPTIONS:

- Please include a daily A- Z multivitamin
- Unlimited tea or coffee without sugar or milk (Option 1: can use milk from allowance)
- Unlimited water, sugar-free squash, sugar-free fizzy drinks, sugar-free jelly

Important: If you take medications for diabetes, these will need to be adjusted while you are on the liver reduction diet. Please check with your nurse, GP or consultant. This should also be discussed with you at your appointment with your surgeon.

Vegan / Dairy free options:

Each day you should have one of the following options:

OPTION 1:

- 3 cans vegan / dairy free soups (400g)
- **PLUS:** 4 low sugar / low fat vegan yogurts (150g), e.g. Alpro plain yogurt. You can add flavour with sweetener or sugar free syrups
- **PLUS:** 1 pint unsweetened dairy free milk, e.g. soya milk (can be added to unsweetened tea or coffee)

OPTION 2:

- 4 servings of meal replacement shakes

Each shake should be within the following parameters:

- Around 200 calories
- 15g – 25g carbohydrates
- 15g – 20g protein

Suitable options (at time of publishing): USN Diet fuel vegan, Protein works vegan diet extreme, Exante plant based juiced meal replacement shake

IN ADDITION TO BOTH OPTIONS:

- Please include a daily A-Z multivitamin
- Unlimited tea or coffee without sugar or dairy free milk (Option 1: can use dairy free milk from allowance)
- Unlimited water, sugar-free squash, sugar-free fizzy drinks, sugar-free jelly

Important: If you take medications for diabetes, these will need to be adjusted while you are on the liver reduction diet. Please check with your nurse, GP or consultant. This should also be discussed with you at your appointment with your surgeon.

For any further information, please refer to the leaflet called [Dietary considerations before your bariatric \(weight loss\) surgery](#)

Contacting us

If you have any questions, please contact the Bariatric Dietitians.

Tel: 0118 322 7116 or email rbb-tr.dietitians@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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