

Liver shrinkage diet for patients having weight loss surgery

To enable your liver to shrink so that your surgeon has better access to your stomach, the following diet should be started two weeks prior to your operation date.

Every day choose one of the following options:

Option 1:

- 4 cans of low calorie soup such as Weight Watchers (295g) or 3 cans supermarket own brand (400g).

plus

- 4 low fat yogurts (175g) such as Muller Light or Sainsbury's Be Good To Yourself.

plus

- 1 pint of semi-skimmed milk.

Plus

- 1 multivitamin tablet such as Forceval, Centrum Complete A-Z or Sanatogen Gold A-Z

Option 2:

- 4 x servings of meal replacement drinks such as Slimfast or supermarket own brand (made up with skimmed milk if in powder form).

The following items are allowed freely for both Options 1 and 2:

- Tea/coffee without sugar (remember that the milk comes out of your daily allowance).
- Sugar free squash, jelly and low calorie fizzy drinks
- Water

PLEASE NOTE: If you are taking medication for diabetes you may need to adjust you quantities. Please check with your nurse, GP or consultant.

If you have any questions, please contact your Bariatric Dietitian (Monday to Friday, between the hours of 8am to 4pm). Tel: 0118 322 7116.

For more information about the Trust, visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Bariatric Team, Department of Diabetes and Endocrinology, March 2018. Review due: March 2020