

Liver shrinkage diet for patients having weight loss surgery (milk/dairy free)

To enable your liver to reduce in size so that your operation can be performed, the following diet should be started **14 days** prior to your operation date.

Every day choose either Option 1 or Option 2 (do not mix them on the same day):

Option 1:

- 4 cans of low calorie soup such as Weight Watchers (295g cans) or 3 cans supermarket own brand (400g cans) – any variety.
- Plus 5 x soya yogurts (125g) such as Alpro Soya or Provamel Soya Yofu – any flavour.
- Plus 1 pint of soya milk.

or

Option 2:

- 4 pints of soya milk (sugar-free flavouring added if desired).

The following extras are freely allowed with both Options:

- A daily multivitamin tablet, such as Forceval, Holland & Barrett ABC Plus
- Tea/coffee, but no sugar and remember that any milk used comes out of your daily allowance. You may use artificial sweetener.
- Sugar-free varieties of squash, jelly and fizzy drinks.
- Water.

Important: If you are taking medication for diabetes you may need to adjust your dosage. Please check with your diabetes nurse, GP or consultant for advice.

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