



TEXAS SURGICAL ARTS

18211 Katy Freeway, Suite 250  
Houston, TX 77094  
Phone: 281-579-5638  
Fax: 281-579-5636

## **Liquid Diet Preparation prior to weight loss surgery**

The purpose of this diet is to attempt to reduce the size of the liver and visceral fat. This maneuver could improve exposure and reducing operative time and potentially complications. *Low-calorie (1200 max), high protein, low-carbohydrate, low-fat liquid diet.*

**NO: ASPIRIN, IBUPROFEN, ADVIL, ALEVE, SALT, ALCOHOL**

\*\*Recommend taking one multivitamin or as instructed during your pre op diet phase. \*\*

### **Meal Replacement Shakes: Drink 4-5 servings per day**

Slimfast (low sugar)

OptiFast

Carnation Instant Breakfast (Low Sugar)

Premier Protein

### **Additional dietary options:**

Sugar-free gelatin

Sugar-free popsicles

Skim Milk, Almond Milk, Cashew Milk

Water

Crystal Light (or similar sugar-free drinks)

Broth (chicken, tomato, beef) LOW SALT

Cream Soups (Reduced Fat)

Tomato Soup (low salt)

Fat Free Pudding

Greek Yogurt (no fruit!) vanilla or plain

Cream of Wheat (with skim milk)

AVOID caffeinated, carbonated, and/or sugar-sweetened beverages