

## **Pre-Operative Diet Prescription – Liver Shrinking Diet**

You will be on a high protein, low carbohydrate diet for one week prior to surgery. Your surgeon may give you an alternative timeframe based upon your body mass index (BMI). The purpose of this diet is to help your body prepare for surgery. Your liver is one place glucose (sugar) is stored. This diet is low carbohydrate which allows your body to use the stored glucose from your liver which ultimately shrinks your liver. This will allow for a smoother and safer surgery.

If you are diabetic and taking medication, we recommend that you contact your doctor to discuss blood sugar management with this change in your diet. Monitor your blood sugar closely and have your doctor adjust your medication as needed.

### Allowed Food Items:

- Lean beef or pork, chicken, or fish
- Tofu
- Eggs
- Vegetables (all allowed except starchy vegetables such as potatoes, peas, corn, or squash)
- Yogurt (no sugar added)
- String cheese, cottage cheese
- Nuts

### Allowed Fluids:

- Protein shakes - Select one that has 20-30 grams protein and less than 10 grams carbohydrate per serving
- Water
- Broth, bone broth
- Sugar-free gelatin and popsicles
- Gatorade Zero, Powerade Zero, Propel
- Decaf tea or coffee
- Protein water

### Two Days Before Surgery: Clear Liquid Diet

- Liquids as above except protein shakes
- Do not consume anything red or purple

### Sample Pre-Operative Diet Menu

<b>Breakfast:</b>	8-11 oz. protein shake
<b>Snack:</b>	6 oz. Greek yogurt
<b>Lunch:</b>	8-11 oz. protein shake
<b>Snack:</b>	1 hard-boiled egg
<b>Supper:</b>	3-4 oz. grilled chicken 1 cup of roasted broccoli

### Sample Clear Liquid Diet Menu

<b>Breakfast:</b>	8 oz. decaf tea
<b>Snack:</b>	Sugar-free gelatin
<b>Lunch:</b>	8 oz. of bone broth
<b>Snack:</b>	Sugar-free popsicle
<b>Supper:</b>	8 oz. bone broth