

PRE-OP DIET

EVERYDAY 2 WEEKS BEFORE SURGERY:

- 3 Protein shakes
 - 15g of protein & 100-150 calories per shake
 - **NO** other food for breakfast, lunch, and/or snacks
- 1 Light dinner
 - 3oz lean protein (ex: poultry, fish) with vegetables
 - **OR** 1 frozen low calorie dinner (ex: Lean Cuisine, Smart One, Healthy Choice)
- Water
 - **AT LEAST** 64oz per day
- Vitamins
 - 1 Bariatric Fusion (multivitamin with iron)
 - They are sold at the office, \$25 per bottle
2 in am and 2 in pm
 - **OR** 1 of another brand (ex: Flintstones)
1 in am and 1 in pm

IMPORTANT TO REMEMBER:

- **NO liquids with calories**
juice, regular soda, sports drinks with calories, milk, cream
- **BRING** your protein shake to the hospital the day of surgery