Blackrock Clinic

Bariatric Surgery

Pre-Operative Eating Guidelines

Welcome to Blackrock Clinic

Do I need a different diet before surgery?

You need to follow a low carbohydrate diet plan for the 2 weeks preceding your operation. This eating pattern will considerably shrink and soften your liver, which will increase the chance of your surgery being performed laparoscopically (by keyhole).

Otherwise, if your liver is too large the operation may become difficult there is a higher risk of post operative serious complications, like leakage and bleeding.

If you are Diabetic

If you are treated with insulin, you need to contact your diabetes clinic or GP before starting this diet; they will advise you and will adjust your insulin regimen.

General Points

- A multivitamin and mineral supplement is recommended. A chewable form is advised as you will need to take this also after surgery: Bassetts multivitamin and mineral, Centrum chewable, and Boots chewable.

- Do not skip meals; this could make you eat more later in the day.

- Keep to low fat and low sugar foods.

- Keep alcohol within or below the advised units.

What to have and with what frequency...

Breads, Cereal, Potatoes, and Rice *Choose only 2 of the following each day*	Fruit and Vegetables *Choose only 3 of the following each day (max 2 portions of fruit)*
3 tablespoons of breakfast cereal /dry porridge oats	1 apple, orange or banana
1 weetabix / shredded wheat	2 small fruits like plums, kiwi
1 slice of toast / bread	100mls unsweeted fruit juice
1/2 of a pitta bread or bread roll	1 bowl of salad
3 crackers	1 bowl of vegetables
2 small (egg size) boiled potatoes	
1/2 medium baked potato	

Meat, Fish and Substitutes *Choose only 3 of the following each day*	Milk and Dairy *Choose only 2-3 of the following each day*
2-3 oz lean beef, pork, lamb, mince, chicken, turkey or oily fish	200 mls of skimmed milk
5 oz white fish or tuna in brine	Small pot of low fat yoghurt or fromage frais
2 eggs	1 oz low fat hard cheese
2-3 slices of lean bacon	4 oz of cottage cheese
3 thin slices of thin cold meat	2 oz of low fat soft cheese
4 oz soya, tofu or quorn	

Menu examples

Menu 1	Menu 2	Menu 3
Breakfast 3 tbsp breakfast cereal with skimmed milk	**Breakfast** 2 scrambled eggs made with skimmed milk	**Breakfast** 1 weetabix with skimmed milk
Lunch 2 small slices of bread with 3 thin slices of lean ham and salad	**Lunch** 5 oz of cod in a white sauce with 2 servings of vegetables	**Lunch** 3 crackers with low fat cheese and 2 slices of chicken breast
Tea 4-6 oz of chicken with 2 servings of vegetables	**Tea** 3 slices of lean cold meat with 2 servings of vegetables	**Tea** 1 small slice of toast with 2 poached eggs, 1 yoghurt
Snack Small tin of fruit (in natural juice) with natural yoghurt	**Snack** 1 piece of fruit	**Snack** 1 small pot of low fat

HOW TO REDUCE SUGAR AND FAT
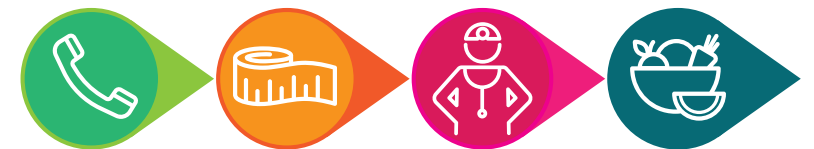
How to reduce sugar in my diet?

- Drink tea and coffee without sugar,
  you can use artificial sweetener if needed

- Drink only sugar free drinks (diet versions)

- Drink only "no added" sugar fruit juices

- Choose fresh fruit or fruit tined in juice and not syrup

- Choose wholegrain cereals instead of sugar coated ones

- Try sugar free deserts like jelly,
  or milky deserts made with skimmed milk

How to reduce fat in my diet?

- Use low fat spread (like Flora or Low Low) only,
  and always spread a very thin amount on toast or bread

- Use low fat dairy products: skimmed milk,
  low fat or fat free yoghurt, low fat hard cheese

- Avoid crisps, chocolate, chips, cakes and biscuits,
  those could be replaced by fruit, plain popcorn or rice cakes

- Grilling, microwaving, steaming, poaching and baking
  should be your preferred cooking methods

- Remove all visible fat from meats and all the skin from poultry

- Use tiny amounts of oil and fats when cooking or avoid them
  at all if possible. Use a spoon to measure oil or a spray oil

Your Notes

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*Peace of mind is an important
component of healing*

Blackrock Clinic

**BARIATRIC
SURGERY**

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