

## **PRE-OP 10 DAY LIQUID DIET: (LIVER SHRINKING DIET)**

We recommend that you participate in a low sugar, liquid diet for 10 days prior to your surgery. The purpose of this liquid diet is to make the liver give up its sugar stores, which in turn will reduce the size of your liver and help make the operation safer. Here are some examples of liquids you can have during this time.

**\*\*Remember to take in at least 60 grams of protein per day while on this diet\*\***

**NOTE: Sugars and carbohydrates are the same thing. Look for liquids that are not only sugar free but also carbohydrate free. The maximum amount of sugars/carbohydrates is 50 grams (g) per day. The total daily calories for the liquid, protein and dairy combined should not exceed 600 calories.**

### **Supply your home with the following:**

#### **A. SUGAR FREE Liquids:**

Please read all the nutrition labels to make sure the liquids you are drinking have zero sugars and carbs. There is no limit to how much **SUGAR FREE** liquid you can have. Examples are:

- Crystal Light (any flavor)
- Zero calorie flavored water like:
  - Fruit 2O
  - Propel
- Sugar free Kool-Aid
- Sugar free Tang
- Diet Snapple
- Coffee with sugar substitute only (NO CREAMER)
- Tea with sugar substitute only (NO CREAMER)
- Water
- Chicken broth
- Beef broth
- Vegetable broth
- Diet Soda
- Sugar free popsicle
- Sugar free gelatin (not pudding)

#### **B. SUGAR FREE/LOW SUGAR Protein Shakes/Drinks:**

We recommend that you consume 60 grams of protein per day. Choose protein shakes, drinks, or powders that are sugar free or have less than 5 grams of sugars per serving and mix them with water or a sugar free liquid.

- **Examples of Low Sugar Protein:**
  - Atkins shakes
  - Myoplex
  - Unjury – available here at IABS
  - 100% Whey Protein (found at Hy-Vee)
  - Carb Solutions Shakes
- **DO NOT Purchase:**
  - Slim Fast
  - Ensure
  - Boost
  - Carnation Instant Breakfast

#### **C. SUGAR FREE/LOW SUGAR Dairy:**

Each day you can have a **total of 3 servings** of the dairy listed below. Each item listed gives you the serving size. For example: in one day you can have 1 string cheese, 1 cup of white milk, and ½ cup of cottage cheese.

- 1 cup (8 oz.) of white milk (no flavored milk like chocolate or strawberry)
- 8 oz of plain yogurt or plain Greek yogurt (no flavored yogurts with extra sugar)
- ½ cup (4 oz.) of cottage cheese (may season with salt and pepper and/or sugar free gelatin)
- 1 string cheese (no bread or crackers)

**Liquids, low in sugar are the key to this 10-day diet.**  
**If you have questions please contact the office at 913-322-7401**