



**SURGICAL ASSOCIATES
PC**

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Pre-Op Full Liquid Diet

All bariatric surgery patients need to start a full liquid diet **ten days prior** to their scheduled surgery.

Choose foods that are low fat, sugar free, decaffeinated and non-carbonated. The following foods are included in a full liquid eating plan.

- Protein shakes/puddings
- Protein soups (strained)
- Cream soups (strained)
- Isopure/Profect
- Fruit and Vegetable Juices
- Cream of Wheat/Cream of Rice
- Grits (thinned)
- Plain yogurt/greek yogurt (ok w/artificial sweetener)
- Puddings and Custards
- Jello
- Broth and Bouillon
- Oatmeal (strained, thin enough to pour)
- Farina
- Milk

NO ALCOHOL-alcohol is not part of the full liquid diet and is discouraged during this time frame.

Suggested eating pattern:

- Drink at least 64oz of fluid each day
- Eat/drink 3-5 times per day totaling 1200-1400 calories and strive for 80 grams of protein each day
 - Breakfast – choose a protein supplement and 2-3 of the above
 - Mid-morning – protein supplement
 - Lunch – choose a protein supplement and 2-3 of the above
 - Mid-afternoon – protein supplement
 - Dinner – choose a protein supplement and 2-3 of the above

If you have increased hunger, you may consume additional food(s)/beverage(s) from the list above throughout the day.

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm.

A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.