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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 for your care. For prescription requests or refills (including narcotics) or for 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 regular business hours.