



## PREPARATION FOR SURGERY

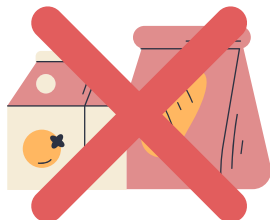
To get you ready for your surgery, the following diet is required 14 days prior to your surgery day. It is imperative that you follow this diet for several reasons:

- To shrink down the size of your liver: this makes access to your stomach during surgery easier for the surgeon and reduces the risk of damage to your liver during the operation
- To avoid the temptation of having a large meal or 'last supper' the night before the operation
- To detox and begin your weight loss journey

Each day you **MUST HAVE** the following:

- 4 pints of semi-skimmed milk or unsweetened plant based milk (2 litres) **AND** 2 pints (1 litre) of other fluid
- 1 Bariatric Multi-Vitamin can be purchased from NutritionU or ordered from [nutritionu.co.uk](http://nutritionu.co.uk)
- 1 Salty Drink eg, Stock Cube, OXO, Marmite, Bovril etc.

• **NO FOOD**



You **MUST** also drink at least 2 pints (1 litre) of fluid in addition to your milk. You are allowed any diet soft drinks with less than 7 calories per 300ml. You can include:

- Tea or coffee, herbal or lemon tea (add sweetener if desired but not sugar), i.e. instant tea, eg, Lift is unsuitable as it contains sugar but the unsweetened version is OK
- Water or carbonated water.
- Sugar-free squashes (check that the squash is labelled 'sugar-free' or 'no added sugar' and therefore does not contain free sugar, sucrose, sorbitol, fructose or fruit juice).
- Vanilla essence (or other flavours such as strawberry essence) or 'No added sugar Crusha' liquid (not chocolate flavour) can be added to the milk as a flavouring (check the label to ensure it contains no sugar).

## Allowed Extras

- 1 sachet of sugar-free jelly (eg, Birds) per day
- Sugar free chewing gum (maximum 3 sticks per day).

## STEPS TO TAKE BEFORE STARTING THE MILK DIET

- As far as possible, remove all tempting foods from the house.
- Plan how much extra semi-skimmed or plant based milk to buy.
- Purchase diet soft drinks.
- Buy the recommended vitamin tablet “Sanatogen A - Z” or “Centrum” (includes multivitamin and mineral).
- Discuss the diet with your family and close friends.
- Decide whether or not you will do the cooking while on the liquid food. Plan and discuss with your family who might cook instead. It may be useful to prepare small meals for the family and store them in the freezer. It would also be helpful not to eat meals away from home all the time. You may wish to have your milk with your family so you can still share in meal times.
- If you are invited out for a meal, you should explain the diet to them so they are aware you will not be eating any solid foods.



## FOLLOWING THE MILK DIET

It is important to have a routine for taking your milk. Try to divide it into glasses taken regularly throughout the day.

For example: 8:00am, 12:00 noon, 3:00pm, 6:00pm, 9:00pm.

In addition to the milk, you need to consume at least 2 pints (1 litre) of low-calorie drinks per day (tea, coffee, diet drinks). If you are not drinking sufficient fluid, you may experience headaches. Try to avoid too much caffeine i.e. from coffee, coke, etc. Decaffeinated tea, coffee or soft drinks might be better.

### Are You Diabetic?

If so, you can still follow this pre-op diet. If you take tablets or insulin for Diabetes then you may need to check with your diabetic nurse the correct dosage to take whilst on this diet. It is common for Diabetics to require a lower dose of hypoglycaemic tablets or insulin as the carbohydrate content is low at only 120g per day (30g per pint). Please regularly check your blood glucose levels and adjust your insulin accordingly.

### Side Effects

A small number of patients may experience mild side effects whilst on this diet. The most common side effect is constipation and if you find that this is a problem then we recommend that you take Magnesium Hydroxide or Optifibre (Nestle) to relieve these symptoms. Please contact NutritionU if you suffer any extreme side effects from this diet.

**This diet is a preparation for surgery.**

**It should only be used for a maximum of 2 weeks under direction of NutritionU.**

