

## 2 Weeks Prior to Surgery – Shrinking your Liver

For the 14 days prior to surgery, you will be on a low carbohydrate, low fat diet. This is the time when you will need to eliminate all starches and added sugars. This diet is designed to reduce the size of your liver, and make surgery easier and safer for you and your surgeon.

- Aim for 48-60oz+ non-caffeinated, non-carbonated, sugar free fluid/day
- Practice taking 20-30 minutes to eat meals
- Practice chewing food to applesauce consistency
- Practice not drinking fluid at meals
- Weigh and measure protein food portions

| Meal                    | What to Eat   | Example:   |
|-------------------------|---|--|
| <b>Breakfast</b>        | Protein Shake (20-30g protein)  | 1 Scoop Protein Powder in 8oz Milk   |
| <b>Snack (optional)</b> | 7g protein<br>½ to 1 cup non-starchy vegetables   | 1 Cheese Stick with ½ Cup Baby Carrots   |
| <b>Lunch</b>            | 20-30g Protein with<br>1-2 cups non-starchy vegetables<br><br>Or Protein shake (20-30g protein)             | 4oz Chicken Breast<br>+ 2 Cups Salad   |
| <b>Snack (optional)</b> | 7g Protein and<br>½ to 1 cup non-starchy vegetables   | ½ Cup Cottage Cheese<br>+1 cup grape tomatoes  |
| <b>Dinner</b>           | 20-30g Protein with<br>1-2 cups non-starchy vegetables<br>and (optional)<br>1 cup or 1 Small Piece of fruit | 1 Cup Refried Beans<br>+ 1 oz Reduced Fat Cheese<br>+2 cups sautéed peppers and onions<br>+1 cup diced Pineapple |

### 48 Hours Prior to Surgery-Fluid Diet Only

- 2-4 Protein Shakes/day
- Sugar Free Jell-O
- Sugar Free Popsicles
- Broth
- Herbal Tea
- Sugar Free Beverages
- Low fat Cream Soup Strained
- No Caffeine

### Day of Surgery

Starting midnight the day of surgery, avoid having anything to eat or drink.