
Nissen (Reflux Procedure) Preop Diet

We recommend that you follow a low sugar, liquid diet **3 days** before surgery. The purpose of this liquid diet is to deplete your glycogen stores, which in turn shrink the liver & make laparoscopic stomach surgery easier and safer.

Here are examples of liquids you can have during this time period:

1. Consume these liquids in moderation (they contain larger amounts of sugar):

- **Juice, Gatorade®, or Powerade®:** limit to 2 cups or less each day. (*Try to choose juices lower in sugar such as apple, orange, or grapefruit*) or **Fruit**.
- **Regular Jello, popsicles, or no-sugar added fudgesicles:** 3 or fewer servings each day.
- **1 cup of milk** (*skim, 1%, Lactaid®, or 2%*) or **8 oz. Light Yogurt** (*Dannon Light, Yoplait Light or Colombo Light*) or **½ cup cottage cheese** - 3 or less each day.
- **Atkins Shakes or Carb Solutions Shakes:** 1-2 a day (These can be found at Osco, Walgreens, and CVS). **DO NOT BUY:** Slim Fast, Ensure, Boost, etc.

2. These liquids can be taken in any amount since they do not contain sugar:

- Sugar-free beverages such as Crystal Light, Wyler's Light, Sugar-free Kool Aid or Sugar-free Tang, diet Snapple, diet sodas, Fruit2O®, Propel®, coffee or tea with sugar substitute, or water.
- Broth soups (all varieties).
- Sugar-free popsicles and sugar-free Jello.

Attention Diabetics! For those with diabetes we recommend consuming 15 grams of carbohydrates every 1-2 hours. Be sure to monitor your blood sugars and contact your doctor if necessary. If your blood sugar is >150mg, spread out these sugar-sweetened liquids over a 3 hour period.

Liquids with 15 grams of carbohydrates:

- ¾ cup carbonated beverage with soda
 - ½ cup orange, apple, or grapefruit juice
 - 1 popsicle
 - 1 cup milk
 - 6 ounces light yogurt (Dannon Light, Yoplait Light or Colombo Light)
 - ½ cup cottage cheese
 - 1/3 cup regular jello
 - ½ cup Kool Aid
 - 1 tbs. honey or sugar (can be used to sweeten a beverage)
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