

## B]ggYb`fF YZi I `Dfc WXi fYŁDf Ycd`8 JYh

We recommend that you follow a low sugar, liquid diet **'XUng** 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:

**%`7 cbgi a Y`H YgY`]ei ]Xg`]b`a cXYfU]cb`fH YmVŁbHU]b`Uf[ Yf`Ua ci bhg`cZgi [ UŁ**

- **>i ]WŻ; UŁcfUXY`žcf`Dck YfUXY`:** limit to 2 cups or less each day. (Try to choose juices lower in sugar such as apple, orange, or grapefruit) **cf` : fi ]h**
- **F Y[ i `Uf`>Y`cždcdg]WYgžcf`bc!gi [ Uf`UXXYX`Z X[ Yg]WYg.** 3 or fewer servings each day.
- **%W d`cZa ]\_ (skim, 1%, Lactaid®, or 2%) cf` , `cn`@[ \ hMc[ i fh(Dannon Light, Yoplait Light or Colombo Light) cf` `W d`VŁHU] YW YGy- 3 or less each day.**
- **5 h ]bg`G U\_Yg`cf`7 Uf`V Gc`i h]cbg`G U\_Yg** 1-2 a day (These can be found at Osco, Walgreens, and CVS). **8 C`BCH`6 I M** Slim Fast, Ensure, Boost, etc.

**&`H YgY`]ei ]Xg`WUŁ`VY`HU\_Yb`]b`UŁmiUa ci bhg]bW`H YmXc`bchVŁbHU]b`gi [ Uf.`**

- 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.

**5 H`Yb]cb`8 ]U`VY]Wg`** 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.

**@ei ]Xg`k ]H `%) [ fUa g`cZWUfVc\ nXfUHYg.`**

- 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)