

# Laparoscopic Weight Loss Surgery

## Pre-operative Liver Reduction Diet

It is recommended that you follow a restricted diet for two weeks prior to your surgery to shrink your liver down in size. This is very important because your surgery is performed laparoscopically (by keyhole surgery) and if the liver is large then the operation may take longer, the liver may split or bleed, and your surgeon may not be able to proceed with your surgery.

By following a strict diet, your body reduces its glycogen stores. Glycogen is a form of sugar stored in the liver and muscles for energy, and with each ounce of glycogen the body stores 3 to 4 ounces of water. Therefore by following a very strict diet, e.g. one that is low in starch and sugar, your body loses its glycogen stores and some water, causing the liver to shrink.

This diet is only recommended for two weeks prior to surgery and is not to be followed post-operatively. You may notice some weight loss by following this diet but it will mainly be water loss. For the purposes of this diet, one portion is equal to 50g or 2oz. For protein, this is equivalent to the size of a small standard matchbox. For fruit, a portion equates to a single, solid piece of fruit and not the equivalent size of juice or smoothie.

If you have diabetes and are taking medication for this condition, this will need to be discussed with your doctor/diabetic nurse as your medication may need to be adjusted.

### Sample Menu

#### Breakfast

Small bowl of cereal, eg 1 Weetabix OR 3 tablespoons of cereal  
OR  
1 Slice of toast/bread with scraping of low fat spread.

#### Lunch

1 Slice of bread or 2 crispbreads  
Small portion of meat (1 slice weighing approximately 50g or 2oz)  
OR fish OR cheese (small matchbox size) OR 2 eggs (not fried)  
Green salad No dressing OR tomatoes

#### Dinner

Small portion of lean meat OR fish OR small portion of low fat cheese  
OR 2 eggs, OR Tofu OR Quorn based dish  
1 small potato OR 2 tablespoons of pasta OR rice  
Vegetables (as many as you like EXCEPT root vegetables)

#### Daily

One third of a pint of milk a day for use in drinks and on cereals  
2 Portions of fruit, eg apple, orange, banana, pear  
Water, tea, coffee, low calorie squash, low calorie fizzy drinks may be drunk freely  
1 Low fat, low sugar yogurt or fromage frais per day.