

Gastric Band and Gastric Bypass

Phase O - Diet Two Weeks Before Surgery

Purpose: Safety is very important as we prepare you for surgery. The purpose of this diet is to shrink the size of your liver and make it more flexible. The liver lies directly in front of the area where the surgeon will be doing most of the work. This provides the surgeon with better sight of the stomach and intestines, thereby decreasing your risks of complications. Any weight lost before surgery will decrease your risk of complications during and after surgery.

Diet Principles:

1. Include 9 to 12 cups (72 to 96 ounces) of fluid per day.
2. Start to reduce caffeine intake to equal two 12 ounce containers of diet pop or one cup of regular coffee. This will reduce caffeine withdrawals after surgery.
3. Those with diabetes or hypoglycemia may need to have medications adjusted. Monitor blood glucose frequently and call your family physician for recommendations in adjusting medications. Carry a carbohydrate source in case of low blood glucose symptoms.
4. Take multivitamin and mineral supplement up until day of surgery.
5. Keep calorie intake near 1,000 per day during this two weeks before surgery.
6. Exercise at least 30 minutes each day.

Only CLEAR LIQUIDS and a Multi-Vitamin and Mineral Supplement

1. Include 30 grams of protein daily. Use whey or soy protein isolate that can be mixed with water or juice. Look at the label for protein content to determine how much product to use to meet the 30 grams of protein required each day. Avoid milk and milk based products.
2. Include daily, 16 ounces of potassium rich juice such as, tomato, V-8, V-8 Fusion or pulp-free orange juice. Read label for potassium content of 250 mg or more per 8 ounces.
3. Water.
4. Iced Tea, Hot Tea or Coffee. Limit 1 cup with caffeine. Decaffeinated unlimited amount.
5. Sugar-free Popsicles Caution may contain sugar-alcohol that causes gas &/or diarrhea
6. Regular Popsicles, only two per day.
7. Frozen Fruit Juice Pops, only two per day.
8. Sugar-free Jell-O®, any amount.
9. Regular Jell-O®, up to one cup per day.
10. No Sugar Added Juices – 100% juice, no pulp
11. Clear Broth – Beef, Chicken or Vegetable.
12. Crystal Light® or Sugar-free Kool-Aid®.
13. Sports Drinks (like Gatorade®, All-Sport®).
14. Fitness Waters (like Propel®).
15. Diet Pop *Carbonation okay before surgery. Limit two beverages containing caffeine per day.

What to Use as a Source of Protein

- GNC Pro Performance 100% Whey Protein
- ON 100% Whey Gold Standard
- Body Fortress 100% Whey Protein Powder
- Nature's Best Perfect Isopure Zero Carb drink or powder
- Beneprotein •Special K2 O Protein Water and powder
- EAS 100% Whey Protein
- Good N Natural Pure Soy Protein Isolate
- NOW Soy Protein Isolate
- Any Whey Tasteless Protein

Where to Buy the Whey or Soy Protein Products

- Local pharmacies such as Walgreens, Target, CVS, Wal-Mart or Hy-Vee; sports nutrition stores such as GNC or Jesup Gym (www.jesupgym.com) and health section of grocery stores such as Hy-Vee Health Market, or on-line sites such as www.bariatriceating.com

If unable to tolerate liquids as instructed, please call the office at (319) 268-3990.



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Phase 0 Diet - Clear Liquid Diet 2 weeks before surgery – Sample Menu

Meal or snack	Amount	Calories	Protein Grams	Carb. grams	Items To Use
Breakfast					<p>Whey or Soy Protein Isolate: 30 grams each day. Mix in juice, water, sugar-free beverage, broth, or gelatin. Mix to your taste.</p> <p>Juice- Any 100% no added sugar juice without pulp. <i>Check label for calories per serving size</i></p> <p>Grape Juice – concord or white and grape blends Apple Juice and apple blends, stir with cinnamon stick Cranberry Juice and Cranberry blends, Mixed Berry</p> <p>For potassium – include 16 oz. of pulp-free orange juice, tomato juice, V8, or V8 V*Fusion each day.</p> <p>Frozen fruit juice pops, two per day =100 calories Regular Popsicles, two per day = 160 calories Regular Jello®, 1 cup per day = 160 calories Gatorade, Powerade -12 oz. = 90 calories Propel - 12 oz. = 15 calories</p> <p>Broth can be chicken, beef, or vegetable. Use low sodium broth if you are on a low salt or low sodium diet, such as Herb Ox low sodium broth packets.</p> <p>Use any amount of the following: Calorie-Free Beverages Water or non-carbonated Flavored Water Sugar-Free Popsicle Sugar-Free Gelatin (Jello®) Sugar-Free Koolaid® Crystal Light® or similar sugar-free flavored drinks Fitness Water (such as Propel®)</p> <p>Diet Pop – only 24 ounces containing caffeine a day to reduce caffeine withdrawal and to wean your self off carbonation. NO POP AFTER SURGERY. Coffee and Tea – 8 ounces with caffeine allowed–no added cream or milk Decaffeinated coffee and tea – unlimited</p>
Apple Juice	1 cup	120	0	30	
Regular Jello	1/2c	80	0	20	
Protein	10 grams	40	10	0	
Mid-Morning Snack:					
Frozen Fruit Juice Pop	1	50	0	12	
Gatorade	1 cup	60	0	15	
Calorie-free beverage	2 cups	0	0	0	
Lunch:					
Clear broth	1 cup	10	0	3	
Protein	10 grams	40	10	0	
Orange Juice	1 cup	120	0	30	
Regular Popsicle	1 twin pop	80	0	20	
Calorie-free beverage	2 cups	0	0	0	
Mid-Afternoon Snack:					
Regular Gelatin	1/2 cup	80	0	20	
Tomato Juice	1 cup	25	1	5	
Calorie-free beverage	1 cup	0	0	0	
Dinner:					
Clear Broth	1 cup	10	0	3	
Protein	10 grams	40	10	0	
Cranberry Jc	1/2 cup	80	0	20	
Gatorade	1 cup	60	0	15	
Frozen Fruit Juice Pop	1	50	0	12	
Evening Snack:					
Regular Popsicle	1 twin pop	80	0	20	
Calorie-free beverage	2 cups	0	0	0	
Totals	Fluid - 112 oz. or 14 cups	1025 calories	31 grams protein	225 grams Carb	<p>Remember: Take 1 Multivitamin with minerals everyday The protein products should <u>not</u> be mixed with milk.</p>

- **Recipe:** Mix 1 cup orange juice, 10 grams protein, 1 packet Splenda and ice. Blend for an orange Julius-type slush. Use any juice or Gatorade to make your slush.
- Mix natural or the plain unflavored whey protein in broth and heat for a warm drink!
- Mix 1 cup tomato juice or V-8 juice with 1/4 cup beef or chicken broth and heat for a "soup". Yummy!
- Mix vanilla whey or soy protein in a little tap water for a "creamer." Use in decaf coffee or hot tea.
- Make Jigglers or Knox Blocks to get that missing "chew"! Try Gummie Lifesavers or suck on clear hard candy like Lifesavers, Jolly Ranchers, Butterscotch or Lemon Drops. Caution sugar-free hard candies may contain sugar alcohol that cause gas &/or diarrhea. Count these in the 1000 calories.

Recipe for: High Protein Gelatin

Ingredients	4 servings	How to Prepare
Boiling Water	1 cup	<ol style="list-style-type: none"> 1. Combine boiling water and gelatin in mixing bowl. Mix well. 2. Add cold water. Mix 3. Add protein powder. Mix well. May need to use a whisk 4. Chill until set. Surface will be foamy.
Gelatin Mix (regular or sugar-free)	1 – 3 oz. package	
Cold Water	1 cup	
100% Whey Protein (vanilla & plain flavors work well) or use 1/2 cup liquid Isopure Zero Carb as part of the cold water.	1 scoop protein powder or use amount of protein for your taste.	
Calories: 99 calories in 1/2 cup Protein: 4.5 grams in 1/2 cup		