

Your liver shrinkage diet prior to surgery (Diet Option)

Introduction

All people who need obesity surgery have a large fatty liver, which causes difficulty for the laparoscopic surgery. Therefore, before your operation, it is important to follow a special pre-op diet to help prepare your body for the surgery, to reduce the likelihood of complications and to speed up recovery. A strict 1000kcal diet that is low in dietary carbohydrate and fat will encourage the body to use up glycogen (carbohydrate that is stored in the liver) and fat stores, thus helping to shrink the size of the liver.

How long do I have to follow this diet?

This diet should be followed for 3-4 weeks prior to surgery

What happens if I don't follow it strictly?

It is essential to follow this diet; otherwise the surgeon will not be able to see clearly and may decide to abort the procedure. In addition, the liver could bleed heavily during surgery forcing the surgeon to do open surgery, instead of a laparoscopic procedure. Your recovery will be delayed after the operation as well.

Will I lose weight when on the diet?

Because this restrictive diet is low in calories, you will definitely lose weight before the operation. Realistically you can expect to lose between 4 -9kg (8lb - 1½stone) in 3 weeks. This is really good, as it means you'll have less to lose after the operation.

How many servings of different foods can you have?

Food group	No of servings
Fruit	2
Vegetables	3
Carbohydrates	3
Dairy	2
Protein	3
Fats	2

What if I have diabetes?

As this diet is low in carbohydrate, it will affect diabetes control, making your blood sugars go lower than normal. This is only really a problem if you take insulin injections or gliclazide (tablets).

If you have insulin injections you will have to reduce the amount you have to take with each meal and may require a small amount of extra carbohydrate.

We suggest that you also seek advice from your diabetes team on adjusting medications-, whilst following this diet.

Planning meals

People who have successfully lost weight and managed to keep it off, say two of the main things that helped them are:

1. Planning meals and snacks in advance
2. Eating at regular intervals

Your daily eating plan should include three meals spaced out evenly over the day.

Your menu plan should follow the below format:

Breakfast: 1 carbohydrate portion
 1 dairy portion

Lunch: NO carbohydrates
 2 protein portions
 2 vegetable portions

Evening: 2 carbohydrate portions
 1 protein portion
 1 vegetable portion
 1 dairy portion

Snacks: 2x pieces of fruit per day. Can be taken at any time

In order to plan your meals, you need to know about different food groups and portion sizes. This booklet will also give you some meal ideas as well.

Food groups and portion sizes

Fruit and vegetables	One serving is
Vegetables	
Cooked vegetables e.g. broccoli, cauliflower, carrots	3 tablespoons
Side salad	Size of a cereal bowl
Tomatoes	1 large tomato or 6-8 cherry
Fruit	
Tinned fruit e.g. peaches, pears, raspberries	3 tablespoons
Stewed fruit e.g. apple, rhubarb, cherries	4 tablespoons
Melon	1 slice
Grapes	12
Apricots	2
Plums	2
Strawberries	7
Fruit juice (maximum 1 per day)	1 small glass or carton (100ml)
Apple, pear, banana, orange, peach	1 piece
Dried apricots	3
Raisins, sultanas	1 tablespoon

Carbohydrates	One serving is
Breakfast cereals e.g. flakes/crispies	3 tablespoons
Muesli	2 tablespoons
Shredded wheat/Weetabix	1
Bread or Toast	1 slice (medium)
Crackers	3
Crispbreads	4
Chapatti	1 small
Rice	2 tablespoons
Pasta (choose small shapes)	3 tablespoons
Potatoes	2 egg size
Muesli bar	1

Protein Foods	One serving is
Raw lean meat e.g. beef, pork, lamb, chicken (without skin)	Size of a pack of playing cards (100g)
Ham, turkey	3 thin slices
Fish – e.g. salmon, trout, cod, haddock, tuna, mackerel,	Size of a cheque book (100g)
Fish fingers	3
Eggs (not fried)	2
Baked beans	4 tablespoons
Lentils, kidney beans, chick peas, butter beans	4 tablespoons
Nuts	2 tablespoons

Dairy foods	One serving is
Skimmed or semi-skimmed milk	1 medium glass/1/3 pint
Yoghurt - diet/low calorie	1 small pot of (150g)
Fromage frais light	1 small pot of (150g)
Low fat cheese e.g. brie, camembert, edam, reduced fat cheddar	1 matchbox size piece
Light cream cheese	2 small matchbox size pieces
Cottage cheese	1 large pot (200g)

If you don't eat dairy foods, you will need to use soya products to help you get the calcium you need. Make sure that they are calcium enriched.

Soya milk	1/3 pint
Soya dessert / yoghurt	1 small pot of (150g)

Fats	One serving is
Butter or margarine	1 teaspoon
Reduced or low fat spread	2 teaspoons
Salad dressings:	
Mayonnaise	1 teaspoon
Reduced fat/light mayonnaise/salad cream/French dressing or oil based salad dressing	2 teaspoons
Oil (any type)	1 teaspoon

Here are some meal ideas to help you plan ahead.

Breakfast ideas

- **1 carbohydrate portion**
- **1 dairy portion**
- 3 tablespoons cereal (wholegrain, high fibre) with skimmed milk.
- 2 tablespoons muesli, with a pot of low fat yoghurt
- Toast (1 slice) with reduced fat spread.
1 small pot of diet/fat free yoghurt
- Toast (1 slice) with light cream cheese and 1 sliced tomato.
- 1 Weetabix with skimmed milk.
- Crispbreads (4) with small portion of cheese

Lunch Ideas

- **NO carbohydrates**
- **2 protein portions**
- **2 vegetable portions**
- Tinned tuna/salmon in brine (200g tin). Served with large mixed salad and 2 tsp low calorie mayonnaise/ dressing.
- Ploughman's lunch – e.g. 3 slices of ham, 2 boiled eggs serve with large mixed salad and pickle.
- Steamed fish (200g) with steamed mixed vegetables (6 tablespoons).
- Grilled Chicken Breast (200g) with large mixed salad.
- 4 egg omelette with chopped vegetables e.g., peppers, courgettes, mushrooms.

- Grilled lamb, pork or beef (200g) with mixed vegetables (6 tablespoons).

Evening Meal Ideas

- **2 carbohydrate portions**
 - **1 protein portion**
 - **1 vegetable portion**
 - **1 dairy portion**
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- Bolognese sauce (4 tablespoons) and pasta shapes (6 tablespoons), grated cheese (1 tablespoon). Served with a small side salad.
 - Salmon portion (100g), new potatoes (4) & mixed vegetables (3 tablespoons).
1 pot of diet/fat free yoghurt
 - Chicken/beef/pork or lamb casserole, cooked with onion, mushrooms and carrots.
Served with a small jacket potato.
1 pot of diet/fat free fromage frais
 - Jacket Potato (medium) with cooked sliced meat, e.g. ham, turkey (3 thin) slices and small portion of cheese. Serve with small mixed salad.
 - Sardines or pilchards in tomato sauce (100g) on wholemeal toast (2 slices).
1 pot of diet/fat free yoghurt with a piece of fruit
 - Ham (3 thin slices) & cheese (1 slice) sandwich (2 slices medium thick bread) with salad.

Vitamins & Minerals

Because your food choices are limited on this diet, you may not be getting all the essential vitamins and minerals your body needs.

Therefore it is recommended that you take a multivitamin and mineral tablet

Recommended: Centrum, Sanatogen Gold A-Z

You will also need to take multivitamins and minerals following your operation, so it is good practice to start before the operation, ensuring your body stores are topped up

Fluids

You should aim to drink at least two litres of fluid per day to prevent dehydration. The following fluids can be taken freely:

- Water
- Tea, coffee (milk taken from daily allowance)
- Diet/sugar free drinks

Avoid alcohol whilst following the Pre-Op diet
Alcohol provides excessive calories and damages the liver

Does this diet have any side effects?

- Unpleasant side effects may occur, as your body is burning fat instead of carbohydrates. This results in the body producing ketones, which can cause bad breath, tiredness and nausea. This should get better as the diet progresses.
- You may find it helps to brush your teeth more frequently and use a mouthwash.
- Constipation may also occur as a result of reducing the amount of typically high-fibre foods taken such as wholemeal bread, pasta, brown rice, wholegrain breakfast cereals.
- Ensure you drink enough fluids (2L) and eat plenty of fruits and vegetables portions
- If the problem continues, you can take 1-2 sachets of Fybogel daily; these can be purchased from your local chemist.

Is there another way to shrink the liver?

- If you are finding it too hard to follow this diet there is another dietary option
- This would involve avoiding food all together and instead drinking milkshakes and soups.
- If you feel this would suit you better please contact your specialist dietitian

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