

General Surgery

Very low calorie pre-operative diet for general surgery patients

Your surgeon recommends that you follow a very restricted diet for **2 weeks** before your operation. In exceptional circumstances this may be increased to 3 weeks, but we will let you know if this is the case.

The aim of the diet is to reduce the size of your liver. This will allow keyhole surgery to be performed safely. **If you do not follow the diet, your operation may have to be cancelled.**

How does this diet help?

The diet is very restricted so that your body begins to use up its energy stores of glycogen (a form of sugar) stored in the liver and muscles. Each molecule of glycogen is surrounded by water which makes the liver and muscles very heavy. Using glycogen up reduces the weight and flexibility of the liver and makes it easier for the surgeons to operate.

Supplementation

As these diets do not provide you with all of your daily nutritional needs, we advise you to take a complete multivitamin and mineral supplement containing iron. Remember to follow the manufacturer's recommendations on the label. Examples are:

- Aldi Activ Max Everyday Health A-Z
- Holland and Barrett ABC Plus
- Sanatogen A-Z Complete
- Tesco A-Z multivitamins and minerals



Very low-calorie diets

There are 3 very low calorie diets given below. Follow only **1 of the diets outlined below**. Do not switch between them. The diet should **only be followed for up to 2 weeks**, unless advised otherwise.

Very low calorie diet options - choose one:

1. Healthy eating for weight loss

- Healthy eating to provide no more than **800-1000 calories/day**.
- **Please keep a diary and count all food eaten and drunk**

2. 'Slim Fast Diet'

Available from chemists and supermarkets, using cows milk, soya milk or dairy alternative, as per instructions.

3. The Pre-Op Diet

Breakfast: 1 Weetabix or 1 Shredded Wheat or 30-40g sugar-free cereal

Lunch: 1 medium slice bread or 2 crisp-breads
Salad (balsamic or lemon dressing)
50g chicken/ham

Evening meal: 1 small potato or 2tbsp rice or pasta
Vegetables (not potatoes)
100g meat or fish or Tofu, Quorn, lentils

You have a daily allowance of:

- ½ pint skimmed milk
- 2 portions of fruit
- 1 fat free low calorie yogurt (80-120 calories)
- 1 glass of fruit juice
- Water, tea, coffee, low calorie drinks (8-10 drinks per day) Please note that milk added to tea/coffee must be taken from your daily milk allowance,

Patient Information

Weight loss on these diets is rapid and includes fluid loss, so make sure that you have plenty of low-calorie, sugar free drinks. Aim for 8 to 10 drinks (2 litres) per day.

Do not drink any alcohol.

If you need any further information, please contact the number on your appointment letter or call 024 7696 6188.

The Trust has access to interpreting and translation services. If you need this information in another language or format, contact 024 7696 6051 and we will do our best to meet your needs.

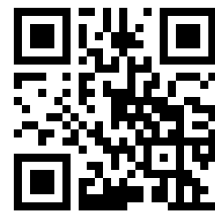
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