**PRE-SURGERY DIABETIC LIQUID DIET**

**It is recommended that you follow this liquid diet for 10-14 days prior to your surgery.** The purpose of this is to deplete your glycogen stores, which in turn will make laparoscopic surgery easier. It also helps to shrink your liver, which helps make you a better laparoscopic candidate for surgery.

***Check your blood sugar often and call your Primary Care Doctor to let them know that you will be on this diet before surgery, so they can help you adjust your diabetes medication or insulin while you are on this diet.***

**Please follow these guidelines**:

* **Every two hours, consume *one* of the following**:

 4 ounces of fruit juice or 8 ounces of tomato juice

 8 ounces of skim milk

 1 regular Popsicle

 4 ounces of Gatorade or 8 ounces of G2 low-sugar Gatorade

 ½ cup 1% low fat cottage cheese

 6 ounces of fat free/light yogurt (no sugar added)

* **Throughout the day, drink 3-4 scoops of Bariatric Advantage protein powder (any flavor) mixed in water or sugar-free beverage of choice**

**OR 3 EAS Advant Edge Carb Control or 2-3 Premier Protein Shakes**

* **Drink as often as desired**: sugar-free beverages such as Crystal Light, sugar-free Kool-aid, sugar-free Tang, diet soda, Fruit 2 O, Fuze Slenderize, Propel zero, Vitamin Water zero; coffee or tea with artificial sweetener; chicken/beef/vegetable broth; sugar-free jell-o; sugar-free popsicle

**If you have any questions about this diet, please contact**

**one of our dietitians at (615) 342-7492.**

**Sample Menu**

**8 a.m.**

1 cup coffee with artificial sweetener (NO creamer; Hint: Try mixing protein powder with coffee iced or hot)

1 scoop Bariatric Advantage protein powder mixed with ½ c. skim milk and

6-8 oz. water (adjust amount to taste/consistency desired)

**10 a.m.**

 4 oz. apple juice or 8 oz. G2 Gatorade

 Sugar-free Jell-O

**12 p.m.**

1 scoop Bariatric Advantage protein powder mixed with ½ cup skim milk and

6-8 oz. water (adjust amount to taste/consistency desired)

 1 cup chicken or beef broth

**2 p.m.**

 4 oz. apple juice or 8 oz. tomato juice

 6 oz. Kroger Carbmasters yogurt layered with sugar-free Jell-O (i.e. parfait)

**4 p.m.**

 1 cup chicken or beef broth

 4 oz. juice or 6 oz. V8 Splash (approximately 15 gm carbs)

**6 p.m.**

 ½ cup 1% cottage cheese OR 6 oz. fat free/light yogurt (no sugar added)

**8 p.m.**

1 scoop Bariatric Advantage protein powder mixed with ½ cup skim milk and

6-8 oz. water (adjust amount to taste/consistency desired)

**10 p.m.**

 6 oz. regular Jell-O

OR 1 Popsicle or 1 no sugar added fudgsicle