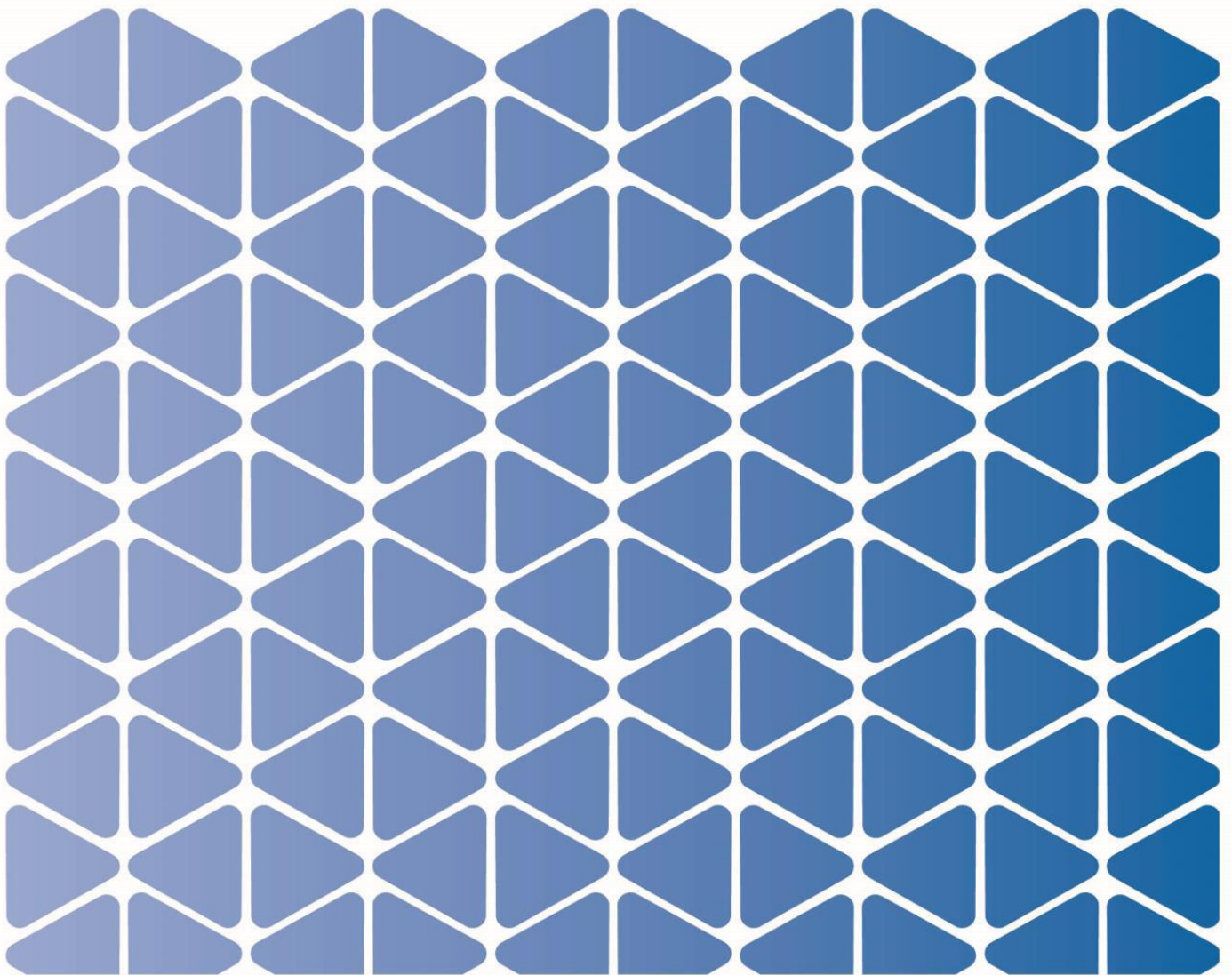




PATIENT INFORMATION

PRE-OPERATIVE LIVER SHRINKAGE DIET

FOOD OPTION



Your **surgeon** has requested that you follow a special diet before your surgery.

The aim of this plan is to shrink your liver before surgery so your surgeon can undertake the operation safely and successfully.

If you do not follow the diet strictly it may mean your surgeon cannot carry out your operation.

You should follow the diet for 3 weeks prior to surgery unless directed differently by your surgeon.

Do not follow the diet for a longer period because it is not nutritionally balanced-It is intended as a pre-surgery diet only.

General Information

- Spread your food and drink out over the day; do not save everything for the evening.
- Drink a minimum of 2 litres of very low calorie fluid every day (more if the weather is hot or if you perspire more than usual).
- Drink at regular intervals throughout the day.
- Include water, sugar free squash, other beverages such as Oxo, Bovril, tea, coffee.
- Do not use sugar but you can use a sweetener if you wish.
- Do not drink alcohol.
- Take a multivitamin and mineral tablet daily when you start the diet e.g. Centrum Fruity Chewables, Superdrug Chewable or non chewable A-Z Multivitamin and Mineral, Sanatogen A-Z Complete.

If you have diabetes and take medication or insulin, it is important that you have spoken to a member of the team **before starting your pre-op diet**, and that you understand recommended changes.

If you take tablets, your Tier 3 dietitian will have provided advice for you about the changes you need to make before starting the pre-op diet, and will advise what to do on the day of surgery.

If you take insulin, your Tier 3 dietitian will have referred you to the Diabetes Specialist Nurse for an initial assessment before starting the pre-op diet, and it is your responsibility to keep in contact with your nurse if you have any queries before or after surgery.

The following shows some menu suggestions for a typical day:

Breakfast (15g carbohydrate)

Choose **one** of the following:

- 3 tablespoons or 30g non sugar coated cereal/dry porridge oats
- 1 Shredded Wheat
- 1 ½ Weetabix
- 1 medium sliced toast with 1 teaspoon of low fat margarine

Milk from allowance (see next page)

Lunch (15 – 20g carbohydrate)

Choose **one** of the following with 1 teaspoon low fat margarine

- 1 slice medium sliced bread/ toast
- 2 crisp breads
- ½ bagel
- ½ medium sized pitta bread

You can also have one of the following with salad as specified:

- 2 eggs
- 25g low fat cheese
- 75g lean cooked meat, chicken, turkey (with fat cut off)
- 75g fish (not breaded/battered)
- 75-100g tofu or Quorn
- 4 tablespoons beans

Salad can include lettuce, (any kind of leaves), spring onions, cucumber, and 1 tomato or 4 cherry tomatoes. **Do not** use salad cream, mayonnaise or salad dressings.

Evening Meal (20g carbohydrate)

Choose **one** of the following:

- 50g boiled potatoes
- 2 tablespoons of cooked rice
- 2 tablespoons of cooked pasta

You can also have **one** of the following:

- 2 eggs
- 50g low fat cheese
- 75g lean meat, turkey or chicken (with fat cut off)
- 75g fish (not breaded or battered)
- 75-100g tofu or Quorn

You can also have

Leafy green vegetables, cauliflower, broccoli, peppers or salad as lunch.

Avoid root vegetables such as parsnip, turnip, carrots, and avoid peas and sweetcorn.

Do not use mayonnaise, salad cream or salad dressings.

Allowances throughout the day (40g carbohydrate)

In addition, you can have:

- 400ml skimmed or semi-skimmed milk for drinks and cereal
- 2 portions of fruit *
- 1 small pot (125g) diet or light yoghurt (or an extra 200ml of milk)
- Unlimited water, tea, coffee, no added sugar squashes.

*1 portion of fruit= approximately 80g (1 apple, orange, pear, or small banana or 100ml fruit juice)

Do not include

- Sugar
- Alcohol
- Fruit juice or milk apart from that included in your allowance.
- Fat and oil for cooking
- Sauces, gravy or dressings.
- Full cream milk
- Processed meats such as corned beef/chopped ham and pork, minced beef, lamb, burgers or sausages as they are too high in fat.
- Yogurts which contain more than 70 calories per 125g pot.

If you have any queries regarding the advice in this booklet contact

Tier 4 Bariatric Surgery Dietitians
Worcestershire Royal Hospital

Tel: 01905 733965

Email: wah-tr.tr.bariatrics@nhs.net

Updated November 2022

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.