



Pre-Op Diet information

BY DR LUIS PASTEN

PRE-OP INSTRUCTIONS

ALL WEIGHT LOSS SURGERY PATIENTS START THIS DIET 7-30 DAYS PRIOR TO SURGERY AS PRESCRIBED

BMI-30-31 – no pre-op diet, clear liquids only 72 hours pre-op

BMI-32-39 – pre-op diet as outlined above for 7 days – then last 72 hours clear liquids only – total days - 10

BMI-40-49 - pre-op diet as outlined above for 10 days – then last 72 hours clear liquids only – total days - 13

BMI-50-59 - pre-op diet as outlined above for 14 days – then last 72 hours clear liquids only – total days - 17

BMI-60-69 - pre-op diet as outlined above for 21 days – then last 72 hours clear liquids only – total days - 24

BMI- 70 and over - pre-op diet as outlined above for 30 days – then last 72 hours clear liquids only – total days 33

NO LAXATIVE OR BOWEL PREP IS REQUIRED IF YOU DO THE 3 DAYS (72 hours) OF CLEAR LIQUIDS

Use any prepared canned or powdered protein drink. You may purchase these in any health food store or many grocery stores. Please be sure it contains at least 15 grams of protein per serving and is low carb.

1 protein drink at breakfast

Lunch: Salad with a serving of Protein (chicken, fish, egg, etc), small amount of low fat dressing, or fat free dressing or olive oil and vinegar.

1 protein drink at dinner.

You may also take 1 Metamucil capsule per day if needed for hunger.

Protein shakes should not be using banana or other fruits as fruit is high in sugar and carbs!

IN ADDITION TO THE ABOVE

Start this phase 72 hours before surgery:

Only clear liquids 72 hours prior to your procedure. This consists of broth, Jell-o, sugar-free juice, any liquid that you can see through. We have found that bowel preps and laxatives don't work well with people that are traveling so this option is available IF you adhere strictly to clear liquids for 72 hours.



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ALL PATIENTS:

You may have nothing to eat or drink after the midnight preceding surgery or 8 hours prior to your surgery. If you are a Same Day Surgery arrive with an empty stomach. If you are coming in a day prior you may have dinner but nothing after midnight. If you are a Same Day Surgery or if your BMI is over 50 you must wear compression stockings (purchase at the drug store in a size appropriate for you).

You may take needed medications (such as heart or blood pressure medications) with sips of water the morning of surgery.

Do not take any aspirin, Advil, Nuprin, Aleve or any other non-steroidal anti-inflammatory medication for 7 days prior to surgery. These medications cause unnecessary bleeding after surgery. This includes baby aspirin and most arthritis medications. If you are not sure, please check with the surgeon please. For headache or minor pains you may use Tylenol. You may restart these medications the next day after surgery.

Do not take any vitamins, minerals or herbal medications for 7 days prior to surgery.

Bring comfortable shoes and slippers to Mexico, you will be asked to walk several times per day.

Please remove all nail polish from finger nails and toe nails.

FAQ

1. Coffee is not a clear liquid
2. Milk is not a clear liquid
3. You must not have diet soda
4. You may not have protein shakes while in the clear liquid phase
5. You will feel dizzy and nauseous if you do not consume adequate water