

Natividad Medical Center
Bariatric Surgery Service

10-Day Pre-Surgical Diet

Your diet is important in the months and weeks prior to surgery. Gaining weight can make the technical aspects of your surgery more difficult. Losing weight prior to surgery is beneficial. In the final ten days prior to surgery a **Strict 800 Calorie Diet** is mandatory to reduce conditions such as a fatty liver, which can get in the way during surgery and can significantly increase the risk of the procedure.

You may have any of the following:

Fat-free milk (1 cup = 90 kcal)
Non-fat powdered milk (1 cup = 90 kcal)
Non-fat cocoa powder (1 cup = 180 kcal)
Fat-free yogurt (6 oz = 90 kcal)
Apple sauce, no sugar added (1/2 cup = 60 kcal)
Pureed bananas, or peaches, no sugar added (1 small = 60 kcal)
Canned fruit, water packed (1/2 cup = 60 kcal)
Gelatin (Jell-o), sugar-free (1 cup = 20 kcal)
Pudding, fat-free/sugar-free (1/2 cup = 80 kcal)
Popsicles, sugar-free (1 = 10kcal)
Low sodium broths (1cup = 20 kcal)
Ground chicken, skinless (1 oz = 35 kcal)
Ground fish (1 oz = 35 kcal)
Mashed potatoes (1/2 cup = 80 kcal)
Peas (1/2 cup = 80 kcal)
Soups, low calorie/low sodium (1cup = 40 kcal)
Cooked cereal (1/2 cup = 80 kcal)
Drink mixes (low to no calories)
Water (at least 4 glasses per day)
Tea or coffee (no sugar added)
Sugar substitute
Protein shakes, e.g. "Muscle Milk Light" (8 oz = 100 kcal)

- Follow this diet strictly. If a food is not on the list above, don't have it.
- Count your calories carefully. You should limit yourself to **800 calories (or less)** per day.
- You should expect to loose more than 10 pounds during this 10-day diet. If you show a weight gain (or insufficient weight loss) on the day of surgery, your procedure will be cancelled.
- Your diet also includes the addition of moderate exercise. You are expected to walk a minimum of 15-20 minutes daily prior to your procedure.
- Do not consume anything by mouth after the midnight before your surgery.
- Any questions please call (831) 755-5555.