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Laparoscopic Surgery – Breast Surgery

**Laparoscopic fundoplication
or Cholecystectomy**

**Diet Plan for
2 weeks before
your Surgery**



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You will need to follow an exceptionally restricted diet for two weeks before your operation. This has been shown to reduce the size of your liver and make surgery possible with a much reduced risk of complications.

If you do not follow the advice then you may not be able to have the operation.

The liver is a large organ that lies over your stomach inside the abdomen and in people with a body mass index (BMI) over 35kg/m² and individuals with diabetes, the liver can be particularly large with stores of glycogen (a form of carbohydrate), water and fatty deposits. Following one of the recommended diet plans here will reduce the size of your liver. During the operation, this allows your liver to be safely moved aside so that your operation can take place safely. Studies have shown that adherence to a 2-week preoperative Very Low Calorie Diet may reduce technical difficulty of laparoscopic cholecystectomy in obese patients.

If you are diabetic and taking medication, you will need to measure your blood sugars more often and reduce your medication accordingly to ensure that you do not experience 'hypos' as you reduce your food intake. If you are diabetic but controlled by diet, you do not need to worry about your blood sugars becoming too low.

General advice:

- Spread your food and drink out over the day; don't save everything for the evening.
- Drink a minimum of 2 litres of fluid every day (more if the weather is hot or you perspire more than usual). Fluid includes anything that you drink such as milk, juice, squash, tea, coffee but do insist on water.
- Drink at regular intervals throughout the day. Do not use sugar in your drinks but you can use a sweetener if you wish. Avoid alcohol and carbonated 'diet' drinks.
- Take a complete A to Z multivitamin & mineral tablet daily.
- Keep mobile, busy and active.
- Aim to have approximately 800-1000 calories per day.



There are two diets suggested on the following pages; please choose one of them and follow it for two weeks before your operation.

'Real Food Diet' Portion Sizes

STARCHY	
1 slice bread or toast 1 crumpet 2 crispbreads 3 small crackers 2 small oat cakes ½ pitta or 1 small pitta 3 tablespoons dry porridge oats	2 egg-sized potatoes 2 heaped tablespoons boiled rice 2 heaped tablespoons boiled pasta 1 digestive biscuit 1 small corn on the cob 3 tablespoons breakfast cereal
FRUIT AND VEGETABLES	
1 medium size piece of fresh fruit e.g.; apple, orange, pear, (½ banana) 2-3 small fruit e.g.; plums, apricots 150g strawberries 3 heaped tablespoons cooked vegetables 1 side salad (half a side plate size) 1 tomato or 7 cherry tomatoes or glass of tomato or vegetable juice	3 tablespoons stewed or tinned fruit (no added sugar) 100ml glass fruit juice (one per day) 1 heaped tablespoon dried fruit 1 handful of grapes Use a wide selection of raw and cooked vegetables and salad items e.g.; aubergine, beetroot, broccoli, cabbage, celery, courgette, cucumber, leeks, lettuce, mushrooms, okra, peppers, radish, spring onions, tomatoes
MEAT/ALTERNATIVES	
100g very lean cooked beef, pork, lamb, mince, chicken, turkey, liver, salmon 150g cooked white fish or tinned tuna (in spring water)	2 eggs (limit to 6 per week) 4 tablespoons cooked peas, lentils, beans, etc.
MILK	
200ml semi-skimmed milk 1 small pot of low fat yoghurt	100g cottage cheese 60g low fat soft cheese 25g hard cheese
FAT	
1 teaspoon (5g) butter or margarine or oil or mayonnaise or nut butter 2 teaspoons low-fat spread or reduced fat mayonnaise or salad dressing or single cream	7g nuts (8 Hazelnuts or Almonds, 5 Pecans, 4 Walnuts) 1 heaped teaspoon of seeds e.g.; pumpkin, sesame, pine nuts



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Diet 1 meal replacement products

These products may be milk shakes, smoothies, soups or bars and can be used alone or combined with a light meal. Each product contains a range of vitamins and minerals and less than 250 calories per item. Remember to follow general instructions on the first page.

- Alone
- 3-4 meal replacement milk shakes, smoothies, soups or bars per day
- Combined

Each day, replace two meals with a milk shake, smoothie, soup or bar, for example:

Breakfast: 1 meal replacement

Lunch: 1 meal replacement

Evening meal: Light meal of 300 calories or use portions from 'REAL FOOD' diet on previous page; 2 meats, 1 starchy, 2 or 3 vegetable portions.

Diet 2 milk and yogurt

Each day you can have:

- 600ml semi-skimmed or skimmed milk and
- 4-6 x 200g pots of low fat (2%) yoghurt
 - You can choose skimmed milk if you prefer but not full fat milk.
 - Ensure that the yoghurts you choose do not contain added sugar.

Important: if you have been advised by a health professional to follow specific dietary restrictions due to other medical conditions, please ask your surgeon before starting one of these diets.