ARCH BARIATRICS, ST LOUIS, MO.

Dr. Kumaran's Pre-Operative Clear Liquid Diet Instructions

Your pre-Operative diet is a strict requirement of your surgeon**, Kumaran Chinappan, MD,** and it may be different from pre-operative diets used by other surgeons. Dr. Kumaran would like you to start your clear liquid diet **7-14 days** before surgery based on your clinical condition. Clear liquids are liquids of ANY color with no calories or very few calories, usually 10 calories or less per serving.

The goal→ to dramatically shrink your liver, so upper part of your stomach is easily accessible for safe completion of bariatric surgery. Adherence to this diet plan prior to surgery has been shown to improve the outcomes after surgery. Following the clear liquid diet completely is the **ONLY** thing you can do that will affect the outcome of your surgery. Patients who experience low blood sugars can have a few saltines, (2-3 crackers) or about 3 oz of protein water, if necessary.

**Diabetic patients will need to consult with their Primary Care Physician prior to beginning this diet. You may need additional blood sugar monitoring and/or medication adjustments. If your blood sugar drops too low, take any substance you would normally take (like orange juice, regular soda, or Boost).

Remember: Nothing to eat or drink after midnight the night before your surgery!

Acceptable Clear Liquids		
Water, Ice cubes, Ice chips	*Diet Soda, BUT not approved post operatively*	*Coffee, Iced Tea, and Hot Tea* ***(no milk, cream, sugar or honey)*** *May use artificial sweeteners.*
Broths, Bouillons, Bases *Limit 2 servings per day*	*Sugar Free Drinks (Crystal Light, Kool-Aid, or Mio)*	*Sugar Free Popsicles/Ices*
Sugar Free Jell-O (any flavor)	*Sugar Free Sports Drinks (Gatorade Zero, Powerade Zero)*	*Sugar Free Gum*
All Protein Shakes must be stopped 2 days before your surgery. *Limit 3 servings per day*	*Sugar Free Fitness Water* *(Propel, Fruit20, Vitamin Water Zero, Bai)*	*Sugar Free Candy*

- ***Drink at least 64 ounces of fluids to prevent dehydration***
- ***Continue to take Potassium daily if this has been prescribed to you.***
- ***Stop taking aspirin, Ibuprofen, NSAIDS, Plavix, and/or Coumadin ONE WEEK before surgery unless instructed otherwise.***
- ***Continue to take your daily multivitamins and other regular medications, unless otherwise directed by Dr. Kumaran, the Anesthesiologist, or your Primary Care Physician.***

Clear Liquid Sample Meal Plan	
7:00 am	*Protein Shake*
9:00 am	*Sugar Free Drink*
11:00 am	*Chicken Broth, 1 cup*
1 pm	*Sugar Free Jell-O*
3 pm	*Protein Shake*
5 pm	*Sugar Free Popsicle*
6 pm	*Protein Shake*
7 pm	*Beef Broth, 1 cup*
9 pm	*Sugar Free Drink*