

**Centre for Obesity and Metabolic Surgery**  
Department of Minimal Access, Bariatric & Surgical Gastroenterology  
Dr. B. L. Kapur Memorial Hospital, New Delhi

**Liver Shrinkage Diet**

This low calorie diet is essential to make your surgery safer. Patients undergoing obesity surgery tend to have very enlarged livers. Weight loss before surgery decreases the size of the liver.

It is necessary for you to follow a low calorie, low carbohydrate diet before surgery. This diet will encourage the body to use up glycogen stores (carbohydrate which is stored in the liver) and thus helping to shrink the size of your liver.

This low calorie, high protein diet needs to be followed for 1-2 weeks before surgery.

**Daily allowance:**

You **MUST HAVE** the following:

1 liter of semi skimmed milk

1 liter of other fluid (like tea, coffee, vegetable juice/soup, coconut water, lemon water, juices – low sugar)

1 salty drink

You are allowed to use high protein meal replacement (like slimfast, resource high protein). Try to divide it into glasses taken regularly throughout the day. For example: 8am, 12 noon, 3pm, 6pm, 9pm

**Allowed extras:**

3-4 egg white / day

200 grams of paneer

Boiled vegetables 1 bowl/day

Sugar free jelly - 1 sachet a day

Sugar free chewing gum - maximum 2 pieces a day

**Foods to avoid**

Fatty food, high calorie food, sweetened jelly/juices.

## **Additional Information**

You may experience headaches or feel “light-headed” after starting the diet; this is quite usual and will pass in the first few days.

## **Patients with diabetes**

If you have diabetes and take insulin injections or tablets, please contact Your care team before commencing the pre-op diet. This diet is low in carbohydrate and will affect diabetes control, making your blood sugars go lower than normal. It is likely you will need to adjust your insulin doses.

## **Contact details**

If you need any further information, you can contact

Centre for Obesity and Metabolic Surgery

Your care Team

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