

Pre-operative Clear Liquid Diet for Dr. Snow

Your pre-operative diet is a strict requirement of your surgeon, Jay Michael Snow, MD, and it is very different from pre-operative diets used by other surgeons. Dr. Snow would like you to start your clear liquid diet 7-14 days before surgery. Clear liquids are liquids with no calories (or very few calories). The goal of the clear liquid diet is to dramatically shrink your liver so your surgery will be as easy as possible. The easier the surgery is for Dr. Snow, the less risk the surgery will be for you. 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 saltine crackers, 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 or Boost®).

Remember! Nothing to drink after midnight the night before your surgery.

Acceptable Clear Liquids

- ☐ Broths, bouillons and bases (no vegetable or meat pieces)
- ☐ Sugar free gelatin or Jell-O® (any color, any flavor)
- ☐ Sugar free drinks (such as Crystal Light® and Kool-aid®)
- ☐ Low calorie Sports drinks (such as Gatorade® and PowerAde®) – you should dilute with water so it is ½ drink and ½ water
- ☐ Sugar free Fitness waters (such as Propel® and Fruit H₂O®)
- ☐ Sugar free popsicles and icees
- ☐ Decaf coffee, tea, herbal or flavored (hot or cold) with artificial sweetener

You can have ONE protein shake per day during this pre op diet:

We have Unjury® available for purchase in our office. If this is not an option for you, strictly follow these guidelines when purchasing pre-op protein shakes:

≤20 grams of protein, ≤110 calories, ≤1.5 grams total fat and ≤2 sugar
(≤ = less than or equal to)

- » Drink at least 64 ounces of fluid daily to prevent dehydration!
- » Continue to take POTASSIUM daily, if this has been prescribed to you.
- » Stop taking aspirin, Ibuprofen products, NSAID's, 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. Snow, the Anesthesiologist, or your Primary Care Physician.