

2 Week Pre-Op Diet AND 2 Week Post-Op Diet Liquids + Protein Drinks

Liquids + protein drinks are recommended for 2 weeks before bariatric surgery and 2 weeks after bariatric surgery.

A liquid diet consists of both liquids and foods that turn to liquid at room temperature.
Do not eat anything with any red dye in it before surgery.

Not allowed: Milk, tomato juice, and fruit nectars.

Allowed: sugar free, calorie free, non-carbonated drinks

The following are allowed while on this diet:

- Water or water with Crystal Light
- Kool-Aid® made with sugar substitute
- Diet lemonade and limeade
- Sugar Free Sports drinks such as Powerade Zero, Gatorade Zero, Propel
- Vitamin Water Zero
- Sugar free freezer popsicles without pieces of fruit in it
- Sugar free Jello
- Fat free broth
- Black decaffeinated coffee- can add a sugar substitute such as Splenda, Sweet 'n Low, etc.
- Unsweetened decaffeinated tea/Diet tea

Fluid goal: At least 64 ounces water per day (about 4 bottles-16oz of water)

References:

1. American Society for Metabolic and Bariatric Surgery. "Bariatric Surgery: Pre- and Post-Operative Diet." 2016. https://www.asbms.org/Portals/0/PDFs/Pre_and_Post_Operative_Diet.pdf