

Pre-operative Diet

Below is the pre-operative diet all patients must follow 14 days prior to their surgery date. This is in addition to any other diet that may be prescribed for patients with high a BMI or other medical conditions. This diet is provided to help produce the safest possible surgery and successful outcome.

Please let us know if you have any questions or we can be of any help.

Sincerely,
Mexico Weight Loss Surgery Staff
www.MexicoWeightLossSurgery.com

START THIS DIET 7-14 DAYS PRIOR TO SURGERY

Use any prepared canned or powdered protein drink. You may purchase these in any health food store or many grocery stores. Please be sure it contains at least 15 grams of protein per serving.

1 protein drink at breakfast

1 protein drink at lunch

Dinner: Salad with Protein (chicken, fish, egg, etc), small amount of low fat dressing, or fat free dressing or olive oil and vinegar.

1 protein drink in the evening if needed

You may also take 1 Metamucil capsule per day if needed for hunger.

Start this phase 3 days before surgery:

Take a laxative (any laxative that you usually use). Take only clear liquids after that. This consists of broth, Jell-o, sugar-free juice, any clear liquid

