

Pre-surgery preparations and diet

Congratulations on making the decision to have Bariatric surgery; a tool to help you lose weight and keep it off. The process of care starts right before the operation wherein you will be required to go on a high protein liquid diet for about 7-10 days before the scheduled operation.

Things you can have during the pre-op diet:

- Meal Replacers like Obicure or Obesigo or Essential VLCD – 2 sachets per day ... **Compulsory**
 - Soups (chicken/fish/vegetable). Avoid using readymade soups because they are high in sodium.
 - Skim Milk (Nestle/Amul). Tea/Coffee using sugar-free substitute and skim milk.
 - Herbal Tea, Green Tea, Black Tea.
 - Dals or whole pulses and beans
 - Vegetable Juices, Buttermilk / yogurt made out of skim milk.
 - Fruit Juice with no added sugar – **Restricted to 1 serving(200ml) a day**
 - Egg Whites, Boiled/grilled chicken, Fish in Boiled or grilled form
 - Low starch vegetable salads, Tofu
 - **Water upto 3litres a day**
 - **Oil only 2 teaspoons a day**
 - Use a sugar-free substitute(Sugar-Free Natura, Splenda ,Equal)
 - Use vinegar, salt and spices as per your taste.

AVOID

- Rice, bread, chapattis, breakfast cereals, maida and products made from it.
- Potatoes, yam, candies, sweets, desserts, Chocolates, pastries, desserts, fruits as they are high in carbohydrates.
- Fried food items like chips, wafers, cutlets, bhajias, wadas.
- Foods like pizza, burgers, biscuits, cookies and other bakery products have to be avoided.
- Aerated drinks like Pepsi, CocoCola, Appy Fizz should be strictly avoided

SAMPLE DIET CHART

Early morning: Tea/Coffee with sugar-free and skimmed milk.

B'fast: 2-3 egg whites in any form except fried

(Or)

Besan or Moongdal chila

Mid-morning: Coconut water / Buttermilk / Veg.Juice-1 glass

Lunch: 1 sachet of meal replacer + Salad (Pulses/3-4pcs chicken +veggies)

Snacks: Sprouts or Brown Channa

Mid-evening: 1 bowl of soup / Fruit Juice

Dinner: 1 sachet of meal replacer + Grilled Fish 3-4 pcs/Tofu + veggies

Bedtime (Optional): 1 cup of skimmed milk

In between you can sip on water, salted lime juice, green tea, herbal tea, sugar free jelly as often as you desire.

In case of any queries, Contact -

Mrs. Priyanka Bhatt Sutariya – 99131 94663

Ms. Palak Kaji – 94271 49907

Wings Hospital – 099099 66056, 0261 655 5536



www.wingshospital.in

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Please Note –

- 1. You need to contact Mr. Rajiv for Personalized Stockings – 098796 88376.**
- 2. You need to start Spirometry exercise 5-10/Every Hour atleast 7 days before surgery.**
- 3. You need to arrange blood for transfusion from Surat Raktadan/ Other blood banks.**

Wings Bariatrics - Pre-Operative Preparation and Instructions

Wings Bariatrics congratulates you on your decision of undergoing weightloss surgery. We at Wings Bariatrics will not leave any stone unturned and will work hard so that you get optimum weightloss and better health. Having said that, we require help and cooperation from your side for your maximum benefit. Along with us, you as a patient also share responsible for your weight loss surgery success. Here's what you can do before surgery to make surgery safer, make recovery easier, and lose weight faster – and it's not just sitting back and waiting for your surgery date to arrive!

1. Pre-Op Diet

The pre-op diet has a few purposes. The critical one is to shrink your liver so it's not blocking your surgeon's view of your insides during surgery. That makes your operation easier and safer.

The pre-op diet also helps you lose weight. That may be surprising since you're expecting to start your weight loss after surgery, but it's actually a good idea to start losing weight beforehand. In fact, the more you lose before surgery, the safer surgery will be, and the better you'll feel afterwards.

The pre-op diet will last for 7 days minimum. In general, the longer you're on it, the better. You'll lose more weight, shrink your liver more, and gain confidence that you'll be able to continue a strict eating program long-term after surgery.



2. Get in Shape

Why exercise before surgery? One reason is that, like with a good diet, it can make surgery safer. In this case, it's because exercising can strengthen your heart, lungs, and blood vessels. Of course, exercise also burns calories and can help you lose a little extra weight before surgery.

Another reason to get in shape before surgery is because it will make recovery easier. Many weight loss surgery patients find that walking around the house and then the neighborhood is their best tool for fighting post-op pain. If you're used to being active before surgery, you'll have an easier time walking after surgery.

You don't need to go crazy on your pre-op exercise regimen. If you're not used to exercising, start small. Also do not forget to use the spirometry. Try and suck air to elevate the ball for 10 times/hr for at least 10 hrs a day.



3. Clean and Stock the Kitchen

Fact: you can't eat food that's not there.

So, clean out your kitchen. Get rid of sugary desserts, starchy snacks, and fatty meats and cheeses. Anything you know you shouldn't be eating shouldn't be in your kitchen. Get rid of it *before* surgery because for weeks after surgery, you won't be physically able to carry out heavy trash bags filled with forbidden foods.

Once your kitchen is cleaned out, stock it up! At least get the protein shakes and powders you'll need for weeks or more after surgery. Consider getting some flavored water in case you're unable to tolerate water post-op. You can also stock up on non-perishable staples, such as Chicken and fish, frozen fruit and vegetables, and instant oatmeal packets.

4. Take Your Nutritional Supplements

You know you'll be taking nutritional supplements post-op for at least 3 months. Did you know you shouldn't wait until after surgery to start taking your supplements?

At a minimum, take a multivitamin beginning when you start your pre-op diet. Even if you're eating a balanced diet, the supplement helps make sure your body has the nutrients it needs to heal your surgery wound. Also, it's an insurance policy so that if you have trouble eating and swallowing supplements for a few weeks after surgery, your body will still have a good store of nutrients in reserve.

5. Practice Your Healthy Eating Habits

Consider the pre-op period practice for the post-op diet. That includes eating slowly, measuring portions, and choosing nutrient-dense instead of processed, high-calorie foods. Also consider making exercise a habit now, so it's easier to get back to it after surgery.

You cannot guarantee an easy surgery, but you can certainly do a few things to improve your chances. Use these tips to take control of your pre-op prep as soon as you're ready to lose weight and get healthy!

All the Best



-Dr. Vikram Lotwala
98250 43435

doctorvikram@gmail.com

www.facebook.com/drvikramlotwala