

Tampa Bay Surgical Group
Dr Jose Erbella

Laparoscopic Gastric Banding Pre-op Diet

We recommend that you follow a low sugar, liquid diet 14 days before surgery. The purpose of this liquid diet is to shrink your liver by depleting your liver glycogen & fat stores, which in turn will make laparoscopic surgery easier and safer. Here is a list of what is approved for the diet.

Main Meal Replacement – Protein Shakes

Atkins shakes, Carb Solutions shakes, or EAS shakes: 3 – 4 daily. These can be found at Walmart, Walgreens, CVS. You may buy the glucose control Boost or Slimfast (they must be low in sugar –under 9 gms – and high in protein – over 15 gms).

Milk products – total of 3 servings per day

1 cup of skim milk, ½ cup low fat cottage cheese, 8oz light yogurt (Dannon Light, Yoplait Light or Colombo Light).

Hard boiled eggs – 3 daily (excellent source of protein)

1 grilled or baked boneless skinless chicken breast daily

Sugar free beverages

Crystal light, Wylers Light, sugar free Kool Aid, diet Snapple, diet soda's, iced tea, coffee, Propel Zero. You can have an unlimited amount of these beverages during your diet.

Sugar free jello & sugar free popsicles

To add a little “zing” to your jello instead of using water use diet Sprite or diet Ginger Ale. When choosing popsicles make sure they are the old fashioned sugar free popsicles. So many brands have real fruit and/or dairy products added. These are also unlimited during your diet.

Bullion / Broth

During your diet you may have any brand bullion or broth in an unlimited amount. But only the bullion / broth (You must strain any solids from broth). One patient favorite is “Better Than Bullion”, a condensed cream bullion.

Multivitamin

We recommend that all patients on this diet take a daily multivitamin.

Attention Diabetics

For those with diabetes we recommend consuming at least 15 grams of carbohydrates with each meal and as a snack between meals. **Be sure to monitor your blood sugar** and contact your doctor if necessary.

Liquids with 15 grams of carbohydrates:

- ½ cup orange, apple, or grapefruit juice
- 1 popsicle or 1 cup of milk
- 8 oz light yogurt
- 1/3 cup regular Jello
- ½ cup Kool Aid
- 1 tbsps honey or sugar (can be used to sweeten a beverage)