

## **2-week pre-operative liver-reducing diet**

You will need to follow a special diet for 2 weeks before your operation. This will cause short-term shrinkage of the liver which has been shown to reduce operative time and make the operation easier for the surgeon. It may reduce the risk of complications and reduce the chance of needing to convert from keyhole surgery (laparoscopic) to an open operation. This special diet is not required after the operation.

The liver is a heavy, fatty and immobile organ. It acts as a store for carbohydrate (in the form of glycogen). The diet is low in carbohydrates and significantly reduces liver storage of glycogen, making the liver smaller and softer. This enables the surgeon to retract the

Aim to have around 800 calories per day

If you feel for any reason that you are unable to follow either of the suggested diet plans, then please contact the pre-operative assessment team for further advice. There are meal plans available for individuals who are unable to follow the Options below. Please contact the dietician team or pre-operative assessment team (contact details below)

Avoid slimming bars and other diet products as they may not supply adequate nutritional needs

It is common to feel tired and have a lack of energy on the diet. This often becomes easier after the first few days and remember, it is only necessary before your surgery

We advise that you inform your GP that you will be following this diet so they can check you will be safe to continue on your current medications.

## Patients with Diabetes

If you have diabetes and are treated with medication that can cause hypoglycaemia (low blood sugar), you may need to reduce your medication dosage whilst on the diet. Please contact your diabetes nurse/practice nurse or GP if required before you start the diet.

These products may be milk shakes, smoothies or soups. Examples include Slimfast, Boots Shapers or supermarket own brands such as Tesco Ultraslim. Products contain vitamins & minerals and fewer than 250 calories per item

Take 3-4 meal replacement shakes/smoothies/soups per day

As much as you like of the following: water, tea/coffee (no sugar, milk within allowance above), no added sugar squash, sugar-free fizzy drinks, Oxo, Bovril

Each day you may have:

3 pints of skimmed/semi-skimmed milk **and**

2 pots of diet yogurts (low fat & low sugar) e.g. Shape, Weight Watchers, supermarket healthy eating varieties containing around 60 calories (kcal) per pot

One multivitamin & mineral tablet

As much as you like of the following: water, tea/coffee (no sugar, milk within allowance above), no added sugar squash, sugar-free fizzy drinks, Oxo, Bovril

