



**ADIRONDACK MEDICAL CENTER**  
Weight Management Program  
A Comprehensive Program for Obesity Control and Prevention

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## Pre-Operative Nutrition Guidelines for Bariatric Patients

In preparation for your weight loss surgery, you will need to follow a low sugar, protein rich liquid for nine days prior to surgery. This will deplete your glycogen stores, which will make your surgery easier.

The goal is to take in over 80 grams of protein daily while limiting calories to less than 1000 for the day and staying well hydrated with at least 64 ounces (8 cups of 2000 cc) of fluid.

- Consume four servings of your protein supplement plus one vitamin daily. Protein supplements and vitamins may be purchased at AMC.
- *One choice a day* of the following: one cup of milk (fat free, 1% or Lact Aid) **OR** 8 ounces light yogurt **OR** ½ cup cottage cheese.
- *One choice a day* of the following: Limit fruit juices to one cup daily **OR** vegetable juices to two cups daily.
- As desired include: water, sugar free beverages such as Crystal Light, Wylers Light, sugar free Kool Aid, sugar free Tang, diet Snapple, diet soda, Fruit 2.0, Propel, coffee, or tea (in moderation), broth or bouillon, sugar free popsicles, sugar free jello.
- Continur to take your multivitamin with mineral and calcium supplements.
- If you are taking medication of insulin for diabetes management, discuss a specific liquid diet regimen with your dietitian