



Croydon Health Services
NHS Trust

Liver shrinkage diet for patients having laparoscopic surgery

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WHY IT IS SO IMPORTANT TO FOLLOW THIS PRE-OPERATIVE DIET?

Before your surgery, it is essential that you follow a strict calorie controlled diet. This will reduce the size of your liver and help to reduce the risk of complications associated with the surgery.

The liver is a large organ in the right upper part of your abdomen. Patients with a body mass index (BMI) over 35-40kg /m², is more likely to have a significantly enlarged liver which can make your procedure difficult. This strict diet will help you reduce the size of the liver, making your operation safer.

For the diet to be successful, it is important that you follow it for two weeks. There may be a temptation to have a larger meal before surgery. However, if you do this, this will reverse the liver reducing effects of the diet.

KEY THINGS TO REMEMBER DURING YOUR PRE-OPERATIVE DIET

- Spread food and drinks evenly throughout the day. Do not save up everything for later in the day.
- Drink a minimum of 2 litres of fluid every day and drink more in hot weather. This includes all fluid, e.g. milk, juice, squash, tea, coffee. Remember to count these as part of your total calorie intake every day.
- Drink at regular intervals throughout the day.
- Avoid alcohol.
- **Take a daily multivitamin and mineral tablet.**
- Try to keep busy and active all day.

DIABETES MEDICATION

If you currently control your diabetes with medication, this will need to be adjusted during the pre-operative diet. As you reduce your food intake, you may need to reduce your medication. Check your blood sugar levels more regularly to make sure that you do not experience “hypos”.

If you control your diabetes by diet alone, you will not need to worry about your blood sugars becoming too low.

Speak with your GP or practice nurse about this; they may be able to offer advice on how best to control your diabetes during this time.

WHAT DOES THE PREOPERATIVE DIET INVOLVE

The diet plan is designed to give you approximately 100g of carbohydrate per day. It is low in fat (although this depends to some extent on the foods you choose) and moderate in protein. The energy value of the diet is between 800-1000 kcal per day.

| The diet plan consists of set quantities of foods from five different food groups. This will provide you with a varied and balanced, low calorie diet. | |
|---|-----|
| Food Groups Number of Portions Daily | |
| 1. Carbohydrate (CHO) | 3 |
| 2. Protein | 2 |
| 3. Fruit | 2 |
| 4. Vegetables | 3-5 |
| 5. Milk | 2 |

| Food Group Portion Sizes |
|---|
| See the list below for what constitutes a portion, e.g. 2 heaped tablespoons of boiled rice equals 1 portion of carbohydrate (CHO). |

It is important not to eat less than the specified portions of carbohydrate as this can make you feel unwell.

PORTION SIZES AND ALLOWANCE

| Carbohydrate Food Allowance (3 portions per day) | |
|---|--|
| 1 Portion | 1 Portion |
| • 1 medium slice of bread or toast with a scraping of margarine | • 2 egg-sized old potatoes (boiled or mashed) or 3 new potatoes with skin |
| • 5 tablespoons all-bran | • 2 tablespoons boiled rice |
| • 1 1/2 weetabix | • 3 tablespoons boiled pasta |
| • 1 shredded wheat | • 2 rich tea biscuits |
| • 3 tablespoons branflakes or fruit & fibre or cornflakes | • 1 digestive biscuit |
| • 3 tablespoons dry porridge oats | • 1/2 bagel |
| • 4 tablespoons rice crispies | • 2 small oat cakes |
| • 1 crumpet | • 1/2 pitta or 1 small pitta |
| • 2 crispbreads | |

| Fruit Food Allowance (2 portions per day) | |
|--|--|
| 1 Portion | 1 Portion |
| • 1 medium size piece of fresh fruit e.g. apple | • 3 tablespoons stewed or tinned fruit (no added sugar) |
| • 2 small fruit e.g. plums, satsumas | • 1 small glass fruit juice (150mls) |
| • 150g (5oz) strawberries | • 1 heaped tablespoon dried fruit |
| • 1 handful of grapes | |
| Protein Food Allowance (2 portions per day) | |
| 1 Portion | 1 Portion |
| • 100g (4 oz) very lean cooked meat | • 2 medium eggs (limit to 6 per week) (poached, boiled, scrambled) |
| • 55g/2oz very low fat soft cheese spread | • 1 small chicken breast (no skin) |

| | |
|--|--|
| • 100g (4oz) cooked white fish or tinned tuna (in brine or spring water) | • 4 tablespoons cooked peas, lentils, beans (including baked beans), kidney beans etc. |
| • 60g/2oz low fat cheese | • 40g/4oz Tofu or Quorn |
| • 100g/4oz low fat cottage cheese | |

| Milk Food Allowance (2 portions per day) | |
|---|---|
| 1 Portion | 1 Portion |
| • 200mls (1/3pt) semi or skimmed milk for drinks and cereal | • 1 small pot of diet or light yoghurt |
| | • See also cheese/cottage cheese and soft cheeses in Protein Food Allowance |

| Vegetable Food Allowance (3-5 portions per day) | |
|--|---|
| 1 Portion | 1 Portion |
| • 3 heaped tablespoons cooked vegetables | Use a wide variety of raw and cooked vegetables and salads, e.g. aubergine, beetroot, broccoli, cabbage, spinach, celery, courgette, cucumber, fennel, leeks, lettuce, mushrooms, watercress, cress, peppers, radish, spring onions, swede, tomatoes (tinned or fresh). |
| • 1 side salad (the size of a cereal bowl) | |
| • 1 tomato or 7 cherry tomatoes | |
| • 1 glass (200ml) tomato or vegetable juice | |

SUGGESTED MENU

The following sample menu demonstrates what a typical day may include and how many portions of different food groups you can eat.

➤ **Breakfast**

1x CHO 3 tablespoons cereal with milk from allowance **or** 1 slice toast with a scraping of low fat spread and marmite or jam

➤ **Mid morning**

1x fruit

➤ **Lunch**

1x protein 1x CHO

1 apple

100g (3 1/2 oz) lean ham with large mixed salad 2 'egg-sized' potatoes

➤ **Mid afternoon**

1x milk 1 diet yogurt **Evening meal**

1x protein 2x veg

1x CHO

➤ **Evening**

1x fruit

100g (3 1/2 oz) roast chicken (no skin) Selection of vegetables
2 heaped tablespoons boiled rice

150g (5oz) strawberries **or** 2 small plums

➤ ***Throughout the day***

Remainder of milk allowance
Plus calorie free drinks to make up to at least 2 litres

Any of the spices/condiments listed below can be used to add flavour:

Salt, pepper, fresh or dried herbs, spices, mustard, curry powder, lemon/lime juice, vinegar, yeast extract, fish sauce, soy sauce, Worcester sauce, OXO or other stock cubes, vanilla and other essences

800-1000 CALORIE DIET

If you are familiar with calorie counting, you can compose your own diet to a maximum of 800 calories per day. Include fruit and vegetables and as much variety as you can. Remember to count drinks as well as food in your total calorie intake per day. The “A-Z of Calories” is a calorie guide available from newsagents which may be useful.

See also “The Calorie, Carb and Fat Bible 2009” available from www.weightlossresources.co.uk

If you have any questions or concerns or need any further information please contact us.