

PRE-OP DIET (2 WEEKS BEFORE SURGERY)

3 PROTEIN SHAKES PER DAY

AT LEAST 13 GRAMS OF PROTEIN PER SHAKE, ABOUT 100-150 CALORIES PER SHAKE

FOR 2 WEEKS YOU WILL NEED 42 SHAKES (SIX BOXES, \$12 PER BOX)

1 LIGHT DINNER PER DAY

3 OZ LEAN MEAT, POULTRY OR FISH WITH VEGETABLES OR 1 FROZEN LOW CALORIE DINNER (I.E LEAN CUISINE, SMART CHOICE ETC.)

1 MULTIVITAMIN WITH IRON, DAILY

OUR VITAMINS (OPTISOURCE) TAKE 2 IN THE MORNING, 2 AT NIGHT. YOU DO NOT NEED TO TAKE ANY EXTRA CALCIUM. COST \$25 PER MONTH

OTHER MULTIVITAMINS: 2 FLINTSTONES COMPLETE AND EXTRA CALCIUM

CALCIUM 1000 MG WITH VITAMIN D, DAILY

VIACTIVE OR CALTRATE OR OTHERS, 2-3 PER DAY

WATER AS MUCH AS YOU LIKE, BUT AT LEAST 64 OZ PER DAY

IMPORTANT

- NO MILK

UNLESS YOU NEED IT TO MIX PROTEIN SHAKES, THEN TAKE FAT FREE MILK

- NO JUICES IN ANY FORM

- NO REGULAR SODA

- NO SPORTS DRINKS

THE DAY BEFORE SURGERY

LIQUID DIET ONLY !!!

NOTHING TO "EAT" OR DRINK AFTER MIDNIGHT!!!

VERY IMPORTANT: IF YOU HAVE ANY SOLID FOOD THE DAY BEFORE THE SURGERY, YOUR DR. WILL NOT DO THE SURGERY