

## SLIMFAST Liver Shrinkage Diet – 2 weeks

### Introduction

All people who need obesity surgery have a large fatty liver, which causes difficulty for the laparoscopic surgery. Therefore, before your operation, it is important to follow a special pre-op diet to help prepare your body for the surgery, to reduce the likelihood of complications and to speed up recovery. A strict 900kcal diet that is low in dietary carbohydrate and fat will encourage your body to use up glycogen (carbohydrate that is stored in the liver) and fat stores, thus helping to shrink the size of the liver.

A very low calorie diet (VLCD) is **designed to completely replace usual food intake**. We use a programme called **Slimfast**, which is nutritionally balanced to ensure your body gets the essential protein, vitamins, minerals, electrolytes and fatty acids. The programme is easy to follow; you don't have to worry about counting calories or restricting your food intake.

*It is usual to use this diet for 2 weeks, though it can be used for longer. However, due to the severe restriction and potential side effects, this VLCD should not be followed for periods greater than advised by your dietician/surgeon (maximum 4 weeks).*

### How long do I have to follow this diet?

This diet should be followed for 2 weeks prior to surgery

### What happens if I don't follow it strictly?

It is essential to follow this diet; otherwise the surgeon will not be able to see clearly and may decide to abort the procedure. In addition, the liver could bleed heavily during surgery forcing the surgeon to do open surgery, instead of a laparoscopic procedure. Your recovery will be delayed after the operation as well.

### Will I lose weight when on the diet?

Because this restrictive diet is low in calories, you' will definitely lose weight before the operation. Realistically you can expect to lose 1.5-2.5kg per week, when strictly following this diet. This is really good, as it means you'll have less to lose after the operation.

### What if I have diabetes?

As this diet is low in carbohydrate, it will affect diabetes control, making your blood sugars go lower than normal. This is only really a problem if you take insulin injections or gliclazide (tablets).

If you have insulin injections you will have to reduce the amount you have to take with each meal and may require a small amount of extra carbohydrate.

We suggest that you also seek advice from your diabetes team on adjusting medications-, whilst following this diet.

Calories per day: **Approx 900 kcal**

Meal/Snack	Product	Amount	Calories	Protein (g)
Breakfast	Slimfast shake	1 serving	220 / 230	14 / 15
Morning snack	Slimfast shake or Slimfast meal replacement bar	1 serving	220 / 230	14 / 15
Lunch	Slimfast shake	1 serving	220 / 230	14 / 15
Dinner	Slimfast shake	1 serving	220 / 230	14 / 15
		Totals	880-920	56-60

- **You can make this up with either the pre bottled shakes or the powdered shakes and skimmed milk.**

- \* Drink at least 2 L of non caloric liquid per day in addition to the liquid consumed with the SLIMFAST product
- \* The bars should be limited to only 1 on this meal plan
- \* You should choose only the milkshake drinks, not the smoothies

### Vitamins & Minerals

If you are taking less than 4 bottles, then you may not be getting all the essential vitamins and minerals your body needs. Therefore it is recommended that you take a multivitamin and mineral tablet.

**Recommended: Centrum, Sanatogen Gold A-Z**

You will also need to take multivitamins and minerals following your operation, so it is good practice to start before the operation, ensuring your body stores are topped up.

### General Information

- \* You should aim to drink at least 2 litres of additional fluid/day – any sugar free soft drinks, tea/coffee (no milk or sugar)
- \* The diet is nutritionally complete for vitamins and minerals in 4 bottles
- \* You could expect to lose 1.5-2.5kg per week, when strictly following this diet, depending on your calorie plan.

**Avoid alcohol whilst following the Pre-Op diet**  
Alcohol provides excessive calories and damages the liver

### Additional daily allowances during Slimfast VLCD

	Allowed 1 portion =	Avoid
Soups	Stock cubes, low calorie Cup-a soup, Miso soup	All other soups
Miscellaneous	Artificial sweeteners Sugar free mints Diet or sugar free jelly	Sugar in drinks
Calorie free fluids (at least 2 L extra per day)	Water, tea (black), diet soft drinks, low sugar squash, mineral water	Fruit juice Caffeine Alcohol

### Does this diet have any side effects?

You might experience side effects for the first few days. These are linked with your body getting used to less food and nutrition. Most of the problems will disappear after a few days and can be helped by drinking plenty of fluids.

- \* Unpleasant side effects may occur, as your body is burning fat instead of carbohydrates. This results in the body producing ketones, which can cause bad breath, tiredness, headaches, mild dizziness and nausea. These should get better as the diet progresses.
- \* You may find it helps to brush your teeth more frequently and use a mouthwash.

- \* Constipation may also occur as a result of reducing the amount of typically high-fibre foods taken in the diet
  - o Ensure you drink enough fluids (2L)
  - o If the problem continues, you can take liquid senna or lactulose; these can be purchased from your local chemist. Alternatively, you can take 1-2 sachets of Fybogel daily.

### Is there another way to shrink the liver?

- If you are finding it too hard to follow this diet there is another dietary option
- This would involve a food based diet but will take longer to shrink the liver.
- If you feel this would suit you better please contact your specialist dietitian or surgeon.

### Contact details

**Secretary: Barbara Morris (Secretary to (Mr. P Sufi))**

020 8901 0312 (T)

020 8901 0313 (F)

[Barbara.Morris@spirehealthcare.com](mailto:Barbara.Morris@spirehealthcare.com)

**Private Patient Coordinator: Sam Whyte**

020 8901 5505 (T)

[Sam.WHYTE@spirehealthcare.com](mailto:Sam.WHYTE@spirehealthcare.com)

**Gade Ward**

020 8901 5544 (T)

Ask to speak to nurse Beatrice Coker