

## 8-Day Pre-WLS Diet

**Medical Disclaimer:** The information provided on this website is intended for patients enrolled in the Nova Scotia Health Weight Loss Surgery Program. The information should ONLY be used in consultation with the Nova Scotia Health Weight Loss Surgery Team.

This eight-day diet helps prepare you for your up-coming surgery. It also gets you ready for how you will be eating in the early days after your operation. During these days, it is important that you take your chewable multivitamin and mineral supplement. However, you will not take it on the day of your surgery or during your hospital stay.

**The first seven days** - the diet includes seven days of full (nutritious) fluids, followed by one day of clear fluids (see example below). Full nutritious fluids are fluids that pour like milk, are high in protein and nutrients and low in sugar. Some examples include whey protein powder, Boost, Ensure High Pro, Premier Protein, and Carnation Instant Breakfast. Clear fluids are fluids that you can see through. During these eight days, you will not eat any solid foods.

**The night before your surgery** - you may not have anything to eat or drink after midnight the day before surgery unless you are told otherwise.



### Sample Eight Day Diet

You will count back eight days from your surgery date.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Fluids (Day 1)	Full Fluids (Day 2)	Full Fluids (Day 3)	Full Fluids (Day 4)	Full Fluids (Day 5)	Full Fluids (Day 6)	Full Fluids (Day 7)
Clear Fluids. Nothing after midnight. (Day 8)	<b>Surgery Date</b>					



## Full Fluids – Foods Suggested and Foods to Avoid

Aim for an intake between 60-80 grams of protein and between 800-1200 calories.

	<p><b>Full fluids include:</b></p> <p>Beverages:</p> <ul style="list-style-type: none"><li>• Low sugar, decaffeinated, non-carbonated fluid (Water, Crystal Light, Wyler's light, Fruit 2 O, sugar free Kool Aid, Minute Maid Light, Tropicana Light, Propel, Welch's Low Cal, Diet Ocean spray)</li></ul> <p>Protein supplements:</p> <ul style="list-style-type: none"><li>• protein powder smoothie (fruit can be added)</li><li>• Commercial complete meal replacements (Ensure High Pro, Carnation Instant Breakfast, Boost, Glucerna, Premier Protein)</li></ul> <p>Dairy Products:</p> <ul style="list-style-type: none"><li>• Skim or 1% milk, Skim or 1% Lactaid, unsweetened soy or rice milk (good for lactose intolerance)</li><li>• Smooth low fat, light yogurt (no chunks) - less than 1% MF</li><li>• Sugar free, fat free pudding, low fat, sugar free custard</li><li>• Part skim ricotta cheese or low-fat cottage cheese, pureed (add a little milk if too thick)</li></ul> <p>Soup (canned or homemade):</p> <ul style="list-style-type: none"><li>• Strained or blended low fat cream soups</li><li>• Pureed, broth-based soups</li></ul> <p>Other Nourishment:</p> <ul style="list-style-type: none"><li>• Thin (able to pour) low sugar hot cereals (Cream of Wheat)</li><li>• Sugar free ice pops (Popsicles)</li><li>• Unsweetened applesauce</li><li>• Sugar free gelatin (Jell-o, Hunt's, store brand)</li><li>• Dried skim milk powder (Carnation, store brand: 8g PRO/1/3 cup)</li><li>• </li></ul>
	<p><b>DO NOT eat/drink the following:</b></p> <ul style="list-style-type: none"><li>• Caffeinated drinks such as tea, coffee, colas</li><li>• Carbonated beverages (pop and sparkling water)</li><li>• Solid and semi solid foods that require chewing (such as food with chunks)</li><li>• Alcohol</li></ul>

**Clear Fluids - Foods Suggested and Foods to Avoid**

**The day before surgery** drink only clear fluids, that is, only fluids you can see through. You cannot use protein powder, milky or cloudy fluids at this time. Drink lots of fluid throughout the day. You may drink both unsweetened and regular clear juices the day before surgery to provide you with some calories for energy. Drink enough to keep you well hydrated. The following are samples of clear fluids:

	<p><b>Clear fluids you may drink include:</b></p> <ul style="list-style-type: none"><li>• Water (plain or with added lemon slices, Crystal Light, Kool-Aid, Real Lemon crystals)</li><li>• Clear broth (chicken, beef, vegetable)</li><li>• Jell-O</li><li>• Juice (apple, cranberry, grape)</li><li>• Clear popsicles</li></ul>
	<p><b>DO NOT drink the following fluids:</b></p> <ul style="list-style-type: none"><li>• Caffeinated drinks such as tea, coffee, colas</li><li>• Cloudy fluids (milk, Ensure, Boost, tomato soup, etc.)</li><li>• Carbonated beverages (pop and sparkling water)</li><li>• Alcohol</li></ul>