



## **Preoperative Glycogen Sparing Diet**

It is recommended by your surgeon and dietitian to follow a low sugar, liquid diet 10 days prior to your surgery. The purpose of this liquid diet is to deplete your liver of its glycogen stores, which in turn will make laparoscopic surgery safer. Here are some examples of liquids you can have during this time:

The nutritional guidelines are as follows:

Consume these liquids in moderation as they contain large amounts of sugar.

- Juice, Gatorade, or Powerade—limit to 2 cups or less each day. Try to choose juices lower in sugar such as apple, orange, or grapefruit. Whole fruit may be selected.
- Regular Jell-O, popsicles, or no added sugar Fudgsicles - 3 or less each day.
- One cup of milk (skim 1%, Lactaid, or 2%) or 8 ounces light yogurt (Dannon lite, Yoplait lite, or Colombo lite) or 1/2 cup cottage cheese – 3 or less each day.
- Atkins Shakes or Carb Solutions Shakes – 1-2 a day (these can be found at the supermarket or any drugstore) **DO NOT BUY** Slim Fast, Ensure, Boost, etc.

These liquids can be taken in any amount since they do not contain sugar.

- Sugar-free beverages such as Crystal Light, Wyler's Light, sugar-free Kool-Aid, sugar-free Tang, diet Snapple, diet sodas, Propel, coffee or tea with sugar substitute, or water.
- Broth soups (all varieties).
- Sugar-free popsicles and sugar-free Jell-O

**Attention diabetics!** For those with diabetes, we recommend consuming 15 g of carbohydrates every 1-2 hours. Be sure to monitor your blood sugars and contact your doctor if necessary. If your blood sugar is greater than 150 mg, spread out these sugar-sweetened liquids over a 3 hour period.

Liquids with 15 g of carbohydrates:

- 3/4 cup carbonated beverage                      1/2 cup orange, apple, or grapefruit juice
- 1 popsicle    one cup of milk
- 6 ounces light yogurt                              1/2 cup of cottage cheese
- 1/3 cup regular Jell-O                              1/2 cup Kool-Aid
- 1 teaspoon honey or sugar (can be used to sweeten a preference)

***If you have any questions regarding this diet or, for any reason, you need to reschedule your appointment, please do not hesitate to give the office a call at (781) 762-2600.***