

LIQUID DIET GUIDELINES

It has been recommended that you follow a liquid diet for two weeks prior to surgery.

You can purchase ready to use products, such as Atkins Advantage protein drinks or EAS AdvantEdge protein drinks (silver package) at Wal-Mart in the Pharmacy department. These products contain milk, so if you are lactose intolerant, you should NOT use these products.

Lactose-free products are Permolean (vanilla, chocolate, and berry flavors), and Nectar (fruit flavored, lemonade, iced tea).

Both are available at Your Prescription for Health in Owings Mills, 888-794-4325.

The Permolean is available at Freedom Pharmacy in Halethorpe, 410-247-3344.

The Nectar product is available at all locations of The Vitamin Shoppe, which is a national chain with many local stores.

Drink a protein shake 2-3 times daily.

You may also drink:

Plain water

Flavored water

Diluted fruit juice (1/2 water and 1/2 juice)

Broth

Coffee

Tea

Green Tea

Diet Sodas

You may also have:

sugar free Jello

sugar free popsicles

sugar free puddings

If you have diabetes, continue to regularly check your blood sugars. If you are taking a multi vitamin, continue to do so. If you are not taking a multi vitamin at this time, you can begin to take the chewable vitamins that you will be taking after the surgery. You can also begin to take the vitamin B-12 sublingual tablets if you are not going to be taking a monthly shot of B-12.

You must report any problems or concerns about the liquid diet you have over the course of the two week period to Arlene Swantko at 410-302-2187