



PRE-SURGERY VLCD GUIDELINES

You are required to follow a Very Low Calorie Diet (VLCD) before your surgery to help make the operation safer by shrinking the liver thus allowing better access to the stomach. *Please note that Low Calorie Diets (LCD's) are not suitable during this phase.*

A VLCD works by making you mildly ketotic (a process that allows the use of fat for energy) and this reduces your hunger and allows you to stay on the diet. Eating sugars or carbohydrates will prevent ketosis from happening and you will feel hungry again.

There are many VLCD's available such as Optifast™, Optifast high protein™, Optislim™, Optislim Platinum™, Kickstart™, Formulite™ and BN Slim™ and Feel Good Shake™. Some are available over the counter at the Pharmacy but others will need to be purchased on-line. What product you choose will depend on your protein requirements (as products vary from 17 - 30g protein per serve) and your individual taste preference. Some products, such as Optifast™ and Optislim™ and Formulite™ also include a range of bars, soups and desserts that can be interchanged with the shakes to improve variety whilst on the diet. Please ensure that these are also VLCD's before including in your pre-operative program.



With any VLCD option you choose:-

- ❖ Read the instructions on the box carefully before starting (as these can vary according to brand and may include adding water or skim milk or the addition of 1 -2 carbohydrate serves per day).
- ❖ Follow the “Intensive phase” instructions, replacing each meal with one VLCD product, three times per day.
- ❖ In addition to the VLCD, an unlimited amount of vegetables or salad from the list provided can be included throughout the day. These can be flavoured with the condiments listed.
- ❖ In the first 48 hours on the program, if you are extremely hungry, you can have a small amount of pure protein (meat, fish, chicken or egg). Try to keep this to a minimum (eg. One boiled egg or slice of ham). After 48 hours, hunger should be manageable.
- ❖ If you are eating out socially and will be missing the VLCD for that meal, choose meat, fish or chicken with salad or vegetables but do not have any carbohydrates (bread/potato/rice or pasta) with the meal.
- ❖ Do not drink any sugary drinks (soft drink/juice/cordial). Coffee or tea can be taken in small quantities with low fat milk and sweeteners – no sugar.
- ❖ All fruit (except strawberries/blueberries) are high in carbohydrates so need to be avoided but limit these berries to 1 cup per day.
- ❖ If your BMI or height requires, you may require more protein than three VLCD products per day. This will be discussed with you by your Dietitian.

Additional requirements (if required) = _____ serve/s per day

- [] 100g of cooked lean meat (eg steak), chicken without skin or fish (20 – 25g protein)
- [] 2 eggs (12g protein)
- [] 95g tin tuna/salmon (in brine or water) (16g protein)



Use the following lists as a guide:

FOODS TO INCLUDE

Vegetables

Alfalfa sprouts
Asparagus
Beans
Bok choy
Broccoli
Brussel sprouts
Carrots
Celery
Cabbage
Capsicum
Cauliflower
Cucumber
Eggplant
Garlic
Lettuce
Mushrooms
Onion (all types)
Radish
Silverbeet
Snow peas
Spinach
Squash
Tomato
Watercress
Zucchini

FOODS TO INCLUDE

Fruit

Strawberries/blueberries
(limit to one cup per day)

Fluids

Water
Tea & coffee
(with small amount of milk)
Diet soft drink and cordial
Mineral water

Soda water
Water

Sauces & Condiments

Lemon juice
Vinegar
Worcestershire sauce
Soy sauce (in moderation)
Mustard
Tomato paste
Stock cubes
Bonox (in moderation)
Herbs /Spices

You can also have

Salsa / low fat tzatziki
Artificial sweeteners,
sugar free gum & sweets
Diet jelly

FOODS TO AVOID

Vegetables

Corn

Green Peas

Legumes

Lentils

Potato

Pumpkin

Sweet Potato

All fruit (except strawberries)

Fluids

Fruit juice

Regular soft drink

Regular cordial

Alcohol

Milk drinks