

## MILK AND YOGURT LIVER SHRINKING DIET FOR WEIGHT LOSS SURGERY

Your surgeon has asked you to have a strict milk and yogurt diet 2 weeks before your weight loss operation.

Your operation is on.....**You need to start this diet on (or before) the.....**

This diet will help to shrink your liver and lose weight so that your surgeon can operate much more easily. Losing weight before your operation will also reduce your anaesthetic risk.

**This diet is to be followed before your weight loss operation and should not be followed afterwards. This diet is not to be used by anyone else. Do not follow this diet if you have any milk allergies or milk intolerance.**

If you have **diabetes** the calorie restriction may require a reduction in your diabetes medication, please contact your health care provider or the diabetes nurses team at UHNM on 01782 222969.



### DAILY ALLOWANCE

- 3 pints skimmed or semi-skimmed milk
- 2 x 150g pots of diet yogurt (low fat and low sugar)
- Using milk and yogurt will allow you to have more protein than by using general fluids, which will help with your surgery.



### DRINKS ALLOWED FREELY:

- Water, tea (no sugar), coffee (no sugar), still diet drinks, low calorie squash, clear soup such as consommé (clear beef soup), Oxo or Bovril.

### VITAMIN SUPPLEMENT

- Take an A-Z/complete multivitamin and mineral supplement. If you need more advice ask your dietitian or surgeon.

### CONSTIPATION

- Aim to drink 2 litres of allowed fluids daily to prevent constipation. You can take a non-bulking agent such as Lactulose obtained from your doctor or pharmacy.

### AFTER YOUR OPERATION

- After your operation follow the diet plan given to you by your dietitian.
- Useful Websites: [www.bospa.org](http://www.bospa.org) [www.WLSinfo.co.uk](http://www.WLSinfo.co.uk) [www.nice.org.uk/CG43](http://www.nice.org.uk/CG43)

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