

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

# Liver reducing diet sheet

You need to follow this diet for the two weeks immediately before your operation. It will reduce the fat and glycogen stored in your liver and make the operation easier for the surgeon. If the surgeon finds your liver is too big, your operation will not be able to go ahead. This diet is **ONLY** recommended for **14 days before surgery** and should **NOT** be followed at any other time as it is too restrictive.

- Have three meals a day and use the extra fruit or yoghurts as desserts or as snacks.
- Try to vary the foods as much as possible during the fortnight to help make sure you are getting a good range of nutrients. It may be a good idea to start having the multi-vitamin and iron supplement (that you are recommended to take for the first six months after your band) while you are on the restricted diet.
- Do not guess weights – use scales to measure portions accurately.
- No sugar, cooking oils, margarine, butter, low fat spread, mayonnaise or sauces are allowed.
- The following drinks and flavourings are allowed freely: Water, tea, and coffee (using milk from the allowance), low calorie squash.
- A small amount of the following can be added to food if needed: Salt, lemon juice, vinegar balsamic vinegar, garlic, herbs and spices, pepper, artificial sweeteners.
- Include at least 2 litres (4-5 pints) of fluid a day.

#### **Breakfast:**

- 30g non-sugar coated and nut free cereal, e.g., porridge, oats, Ready Brek, Bran Flakes, Rice Krispies, Special K, Shreddies, Sultana Bran.
- Or** 1½ Weetabix or Shredded Wheat.  
**Or** 1 portion of fruit.  
**Or** 1 diet yoghurt.  
**Or** 1 small slice of bread or roll.

#### **Lunch and dinner:**

- One small slice of bread or small roll.
- Or** 2 crispbreads  
**Or** 100g potato (uncooked weight) - jacket, boiled or mashed with milk from the allowance.  
**Or** 30g (uncooked weight) of rice couscous, pasta, or noodles.

#### **With:**

- 100g vegetables.
- Or** cereal bowl of salad with one teaspoon of low-calorie dressing (no salad cream or mayonnaise).

#### **With (choose one of the following – all are cooked weights):**

- 150g steamed or poached fish - no batter or breadcrumb coating.
- Or** 50g lean meat. Trim off all the fat before cooking.  
**Or** 1 large egg e.g., poached, boiled, or scrambled with milk.  
**Or** 110g Quorn or Tofu.  
**Or** 25g cheese e.g., Cheddar, Brie, Stilton.  
**Or** Low-fat soft cheese e.g., Philadelphia light, Laughing Cow Light, etc.  
**Or** 75g chicken or turkey.  
**Or** 100g tinned tuna / pilchards (not in oil).  
**Or** 50g tinned salmon / sardines (not in oil).

#### **Each day also have:**

- 260ml (1/2 pint) of skimmed or semi skimmed milk.
- 2 portions of fruit (one could be swapped for a small (150ml) glass of fruit juice).
- 1 diet / light / virtually fat free yoghurt or fromage frais .

#### **A portion of fruit is:**

- 1 large fruit e.g., banana, apple, pear, orange, grapefruit.
- Or** 2 small fruits e.g., kiwi, plum, satsuma  
**Or** 200g strawberries, raspberries, blueberries, blackberries, rhubarb.  
**Or** 10 grapes or cherries.  
**Or** 100g tinned fruit juice.