



MERCY GENERAL HEALTH PARTNERS  
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**Bariatric High Protein Liquid Fast  
(Follow 2 weeks prior to surgery date)**

The purpose of the fast is to reduce your fatty liver, reduce serotonin levels gradually, which will drop with a low carbohydrate intake, and also prepare you psychologically for liquid nutrition after surgery.

- Choose a protein drink that provides about 15 grams of protein per serving, 2-3 grams of fat, and 10 grams of sugar or less per serving. If you consume more than 30 grams of protein at a time, you will not absorb all the protein. Examples are Sugar Free Instant Breakfast Drink, EAS Carb Solutions, Low Carbohydrate Slim Fast, Dr Atkins, Designer Whey (lactose free), HMR 70 plus, (lactose free) or Protidiet from Dr Gluck's. You may need to consider a lactose free supplement if you develop a lactase deficiency after surgery.
- Most of the protein drinks taste better if put in skim milk.  
8oz of skim milk will supply 9 grams of additional protein.
- Spread your drinks out evenly through the day, every 3-4 hours.
- Your goal for daily protein is 60 grams for women and 75 grams for men.
- You should try to drink in total fluid ounces, half your body weight daily.
- Other liquids you can have on your fast are:
  - Caffeine Free hot or ice tea (You can use Equal/Splenda/Sweet n Low)
  - Caffeine Free Coffee
  - Sugar Free Gelatin
  - Sugar Free Popsicles
  - Low Sodium Broth (chicken, beef, or vegetable)
  - Sugar Free Pop (Caffeine free)
  - Sugar Free Soft Drinks such as Kool-aid, Crystal light, Wylers, Flavored Sugar Free Waters, such as Fruit 2O, Fuze Slenderize, or Propel
- Take one multivitamin/mineral daily. It can be a tablet before surgery.
- If you are a diabetic and/or also have high blood pressure, check with your primary care physician regarding your medications.
- Continue to do your physical activity program, such as walking daily
- You may have diarrhea for the first few days, if it continues past the 6<sup>th</sup> day call Dr Gluck's office to let them know.
- You may also be irritable, hungry, and have a headache the first few days until your body adjusts.

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**Weight Management/Bariatric Dietitian/Certified Diabetes Educator**