

Department of Nutrition and Dietetics

Pre-operative Liver Shrinkage Diet (1500kcal/day)

Before surgery, it is essential you follow a strict calorie controlled diet.

This will reduce the size of your liver to ensure the operation can be done by keyhole/laparoscopic surgery. If your liver is too large it will be very difficult for the Surgeon to perform the operation safely. It may be necessary for the operation to be abandoned, or you will have to have an open operation, increasing the risks of surgery and delaying your recovery.

You will need to follow this diet strictly for 2 weeks before your surgery. It is a very restricted diet that is low in fat, sugar and carbohydrates. This diet will encourage the body to use up glycogen stores (carbohydrate which is stored in the liver) and some water, which in turn shrinks the size of your liver.

It is vitally important that you follow the diet strictly as the liver can replace its glycogen stores very quickly. Eating a single carbohydrate-rich meal shortly before your operation can undo all your efforts and lead to difficulties during surgery.

This diet is only recommended prior to your operation and must not be followed afterwards.

If you have diabetes and are treated with insulin or tablets (e.g. gliclazide, glibenclamide, metformin) you may need to adjust your medication to ensure you do not experience low blood sugar levels while following his diet. Contact your GP/Diabetes Specialist Nurse/Practice Nurse for advice before starting the diet.

If your diabetes is controlled by diet alone, you will not need to worry about your blood sugars becoming too low.

In addition to the diet remember to avoid alcohol, stop smoking, and keep active e.g. walking, swimming, gardening.

Pre-operative Liver Shrinkage Diet is not advised for: Adolescents, the elderly, people with unstable cardiac or cerebrovascular disease, acute or chronic renal failure, severe or end stage liver failure, or acute psychiatric disorders. If in doubt, please contact the your Doctor for advice.

Safe & compassionate care,

every time

What does the liver shrinkage diet involve?

This 1500kcal diet is low in carbohydrate, fat and moderate in protein.

It is very important to stick to the portion sizes outlined below and that your portions are accurately measured, otherwise you may eat too much and consequently the diet will not work.

Daily portion sizes

- 5 carbohydrate servings, e.g. bread, potatoes, cereal, rice, pasta (see below)
- 2 protein servings
- 3 pieces of fruit
- 3 dairy servings: i.e. 200ml (1/3 pint) skimmed/semi-skimmed milk for cereal **and** 200ml (1/3 pint) skimmed/semi-skimmed milk for drinks **and** 1 low calorie/diet yogurt (Muller Light or Weight Watchers)
- 2 teaspoons margarine or 1 teaspoon oil
- Unlimited vegetable servings, except potatoes, sweetcorn and parsnips// (no added fat, oil, sauce or dressings)

Carbohydrate portion sizes (5 per day)

- 3 tablespoons high fibre breakfast cereal (e.g. Bran Flakes, Shreddies)
- 1 Shredded Wheat or Weetabix
- 30g (1 oz) porridge oats or muesli
- 1 slice wholemeal, granary or high fibre white bread
- ½ large wholemeal roll **or** ½ standard size pitta **or** 1 mini pitta
- 2 cream crackers **or** 2 small oatcakes
- 2 thick crispbreads **or** 2 Ryvita **or** 2 rice cakes
- 2 tablespoons cooked rice **or** pasta
- 2 tablespoons mashed potato (remember milk/margarine/oil allowance)
- 2 small boiled potatoes (egg sized)
- 2 tablespoons sweetcorn

Protein portion sizes (2 per day)

Protein is an essential part of your meal plan. Choose a variety of these protein foods for your meals.

Take **one** of the following servings at your **main meal** (this could be either your lunch or evening meal):

| | |
|---|----------|
| Beef or lamb | 90g/3oz |
| Poultry or game | 120g/4oz |
| White fish (cod, haddock, plaice) | 175g/6oz |
| Fatty fish (salmon, tuna, herrings, mackerel) | 120g/4oz |
| Cheese (high fat – Cheddar, Cheshire) | 40g/1½oz |
| Cheese (medium fat - Edam, Brie) | 60g/2oz |
| Cheese (low fat - cottage cheese, Feta) | 120g/4oz |
| Eggs | 2 |
| Beans or lentils | 225g/8oz |

Take **one** of the following servings at your **light meal** (this could be either your evening meal or your lunch):

| | |
|---|----------|
| Beef or lamb | 60g/2oz |
| Poultry or game | 90g/3oz |
| White fish (cod, haddock, plaice) | 120g/4oz |
| Fatty fish (salmon, tuna, herrings, mackerel) | 90g/3oz |
| Cheese (high fat – Cheddar, Cheshire) | 25g/1oz |
| Cheese (medium fat - Edam, Brie) | 40g/1½oz |
| Cheese (low fat - cottage cheese, Feta) | 60g/2oz) |
| Eggs | 1 |
| Beans or lentils | 175g/6oz |

Sample Menu

The sample menu shows what a typical day may include and how many portions of different food groups you can eat

| | |
|----------------------------|---|
| Breakfast: | 3 tablespoons cereal with milk from allowance <u>or</u> 1 slice toast with margarine from allowance Tea/coffee with skimmed/semi-skimmed milk |
| Mid-morning: | Tea/coffee with skimmed/semi-skimmed milk |
| Lunch: light meal | 4 crispbread <u>or</u> 4 small oat cakes <u>or</u> 2 slices bread or ½ pitta Meat or fish, cheese, eggs or beans Large serving of salad 1 fruit |
| Mid-afternoon: | Tea/coffee with skimmed/semi-skimmed milk 1 fruit |
| Evening: main meal | 4 tablespoons mashed <u>or</u> 4 egg sized boiled potatoes <u>or</u> 4 tablespoons pasta / rice Serving of vegetables or salad Meat or fish, cheese, eggs or beans (from main meal allowance) 1 fruit 1 portion of low calorie yogurt |
| Later: | Tea/coffee with skimmed or semi-skimmed milk 2 oat cakes/rice cakes |
| Throughout the day: | Remainder of milk allowance <u>Plus</u> at least 7-8 calorie free drinks per day (more in hot weather). Tea, coffee and diet drinks are all suitable. Unlimited water as required. |

Pre-operative Diet

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How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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