

Pre-operative Liver Shrinkage Diet (1200 kcal/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 this 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.

The Pre-operative Liver Shrinkage Diet is not advised for: Adolescents, pregnant/lactating women, 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 your Dietician for advice.

What does the liver shrinkage diet involve?

This 1200kcal 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
- 2-3 pieces of fruit
- 2 dairy servings: i.e. 200ml (1/3 pint) skimmed/semi-skimmed milk **and** 1 low calories 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
or

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 **or** 4 small oat cakes **or** 2 slices bread or ½ pitta
Meat or fish, cheese, eggs or beans
Serving of salad or fruit

Mid-afternoon: Tea/coffee with skimmed/semi-skimmed milk

Evening:
main meal 4 tablespoons mashed **or** 4 egg sized boiled potatoes
or 4 tablespoons pasta / rice
Serving of vegetables or salad
Meat or fish, cheese, eggs or beans (from main meal allowance)
1 fruit or serving of low-calorie yogurt

Later: Tea/coffee with skimmed or semi-skimmed milk
1 fruit

Throughout the day:
Remainder of milk allowance
Plus at least 7-8 calorie free drinks per day (more in hot weather).
Water, Tea, coffee and diet drinks are all suitable

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net