

Liver reduction and shrinkage diet information



James Paget
University Hospitals
NHS Foundation Trust

Author: Mr Nicholas Wong, SPR and Mr Bence Atkari,
Consultant

Your doctor has recommended a surgery to remove your gallbladder via keyhole surgery (Laparoscopic Cholecystectomy). This leaflet will explain about the recommended diet to follow for at least two weeks before your date for surgery and why this is important.

What is involved?

Your gallbladder lies below your liver in the upper abdomen on the right hand side. To enable surgery on your gallbladder the liver must be lifted up off the gallbladder.

If your body mass index (BMI) is 30kg/m² prior to your surgery, your liver is likely to have fatty deposits and excess stores of carbohydrates called glycogen. These deposits and stores make the liver stiff and difficult to move during surgery. This can make the keyhole surgery more challenging and increases the risks of complications and or conversion to an open procedure.

What do I need to do?

To allow your liver to shrink and reduce in size, it is recommended that you follow and stick to the diet for at least two weeks before your date for surgery. However, depending on the date of your surgery following for fewer days if you have less than two weeks may be beneficial. On the diet, you will lose weight, and your fat and glycogen stores will be used causing your liver to reduce, shrink and soften. This will make it easier to carry out your surgery safely and increase your chance of having a successful operation.

The aim of the diet is to limit to eating 800-1000 calories a day by following the recommended meal plan. If you currently control your diabetes with medication or insulin, your diabetes may need to be monitored more closely and your drug doses adjusted to prevent "hypos".

Meal Plan A

- Four portions of low calorie soup (each portion 400mls maximum and less than 100 calories)
- Four low fat yogurts (each portion 100 – 150g and less than 100 calories)
- One pint of semi skimmed milk
- One multivitamin per day
- Minimum of two litres of fluid per day (please see fluids section)

Meal Plan B

- Four servings of meal replacement drinks such as SlimFast® (200 calories each) (if using powders made up with skimmed milk)
- One multivitamin per day
- Minimum of two litres of fluid per day (please see fluids section)

Fluids

You should aim to drink at least two litres of fluid per day. In both meal plan A or B the following fluids are allowed freely:

- Water
- Sugar free squash or jelly
- Tea or coffee without sugar (milk is included in your daily allowance)

Further information

The following websites can be accessed to obtain more information on diets and healthy eating:-

- <https://www.chelwest.nhs.uk/your-visit/patient-leaflets/bariatric-dietetics/liver-shrinkage-diet-for-bariatric-surgery>
- <http://www.nhs.uk/Livewell/weight-loss-guide>
- <http://www.nhs.uk/Oneyou>
- <https://www.nhs.uk/change4life>

If you have any questions or concerns before or whilst following the diet please consult on any of the numbers below:

01493 453586, 01493 452666, 01493 452233 during the hours of 9.00am and 5.00pm Monday to Friday. Your details will be taken and passed on to the appropriate clinician for response.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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- Responsive communication
- Effective and professional

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240