

Oxford Hepatobiliary and Pancreatic Surgical Unit

# Liver shrinkage diet in preparation for liver or gallbladder surgery

Your surgeon has recommended an operation on your liver or gallbladder using laparoscopic (keyhole) surgery.

Your gallbladder lies below your liver in your right upper abdomen. If you have a body mass index (BMI) over 35kg/m<sup>2</sup> before your surgery, your liver is likely to be large due to fatty deposits and excessive stores of carbohydrate called glycogen. This makes the liver stiff and difficult to move during surgery which can make the operation more challenging. It also increases the risk of surgical complications and conversion to an open procedure.

To enable your liver to shrink before surgery, we recommend that you stick to and strictly follow the following diet for two weeks before your date for surgery. You will lose weight and your glycogen/ fat stores in your liver will be used up, making your liver shrink and soften. This will make it easier to carry out your surgery safely and increase your chances of having a successful operation.

If you currently control diabetes with medication or insulin, this may need to be monitored more closely and your drug doses adjusted to prevent "hypos".

On this diet your aim is to eat 800-1000 calories a day using one of the following two options:

## Option 1:

- 4 cans/portions of low-calorie soup (each portion 300-400ml and less than 100 calories)

**AND**

- 4 low fat yogurts (each portion 100-150g and less than 100 calories)

**AND**

- 1 pint of semi-skimmed milk

**AND**

- 1 multivitamin tablet

**AND**

- At least 2 litres of fluids (detailed overleaf)

## Option 2:

- 4 servings of meal replacement drinks (approximately 200 calories each) (made up with skimmed milk, if in powder form)

### AND

- 1 multivitamin tablet

### AND

At least 2 litres of fluids (detailed below)

## Fluids

You should aim to drink at least two litres of fluid each day. The following fluids are allowed freely in both options 1 and 2:

- Tea or coffee without sugar (noting that milk comes out of your daily allowance)
- Sugar free squash or jelly
- Water

## How to contact us

If you have any questions before or whilst following this liver shrinkage diet, please contact:

**Laura Hayden**, Specialist HPB dietician

Tel: **01865 235 421**

**Phoebe Martin**, HPB Secretary

Tel: **01865 223 916**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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Author: Prem Chana, Specialist Registrar

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