

## Weight Loss Surgery LAPBAND CLEAR LIQUID DIET

DATE OF SURGERY \_\_\_\_\_

**Two days prior to surgery (if your operation is on a Tuesday, then this would be Sunday):**

- Start clear liquids for 2 days prior to surgery. It is very important to take more liquids starting at this point until the time of surgery.

**The Night before surgery:**

- Do not eat or drink anything after midnight the night before surgery. (Do not chew gum, NO hard candy).
- If you are instructed to take your medication the morning of surgery, then take it with a sip of water.
- If you have questions about whether or not to take certain medications, call the Pre-Admission nurse at 612-273-3067.

**Sample of clear liquid diet:** Broth or consommé, or apple juice, coffee or tea (no milk or cream) (sugar free is desired), Jell-O or gelatin, fruit ice. NO RED products