We understand that our patients have come to us for surgery because they have had a hard time losing weight and they need help.

Bariatric surgery is a tool, and we think it is a very powerful tool, for losing a large amount of weight. However, we believe that losing weight before surgery will help you be safer and more ready for your surgery and your weight loss journey. Our surgeons may delay or cancel surgery for patients who do not lose weight or who gain weight before surgery.

Patients who lose weight before surgery have fewer problems during and after surgery.

This is especially true for larger patients who have a BMI of 60 or more.

- Weight loss makes the liver smaller. The stomach is behind part of the liver. The liver has to be moved aside during the surgery for the surgeon to work.

- Smaller patients are less likely to have problems like blood clots after surgery.

- Making changes to eating and exercise habits while you get ready for surgery makes continuing these changes after surgery easier.

Our surgeons recommend losing 5 to 10% of your weight before surgery. At your first appointment with the dietitian, you will discuss your weight loss goals. For most patients, the goal is to eat 500 to 1000 calories less per day. This is done by changing your diet and adding more exercise. These changes will help you lose 1 to 2 pounds per week.

Our staff is here to help you.

- If you want or need more help with losing weight, let us know!

- Staff will check with you at the half-way point of the program to see how you are doing with weight loss.
• If you are having trouble at the half-way point, we can give you more help, such as meeting with a dietitian or nurse practitioner for more advice and possibly using medicine to help with weight loss.

To continue weight loss before surgery, you may be placed on a liver shrink diet.

• A liver shrink diet usually lasts for 1 to 3 weeks before surgery.
• The diet is low in calories and low in carbohydrates.
• It uses shakes to replace some of your meals. They are low in calories and high in protein.
• There are different levels to the diet specific to your weight and health needs. Your level is determined by your surgeon and your dietitian.
• If you have diabetes, you may need to lower your diabetes medicines while on this diet to avoid hypoglycemia (low blood sugar). Talk to your health care provider regarding changes to your medicines.

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