



SandyMartínez, MD
BARIATRIC SURGEON



Your Pre-Operative Blueprint: BMI 33-39

The 7-Day Metabolic Sprint

Welcome to the active phase of your bariatric transformation. Because your BMI is between 33 and 39, your liver requires a targeted, fast-acting detox to prepare for surgery. You do not need a month-long diet, but you **must be 100% compliant for these 7 days. The Medical Purpose:** By completely eliminating carbohydrates and sugars for one week, your body will rapidly burn through its stored glycogen. Once those stores are empty, your body will immediately begin burning the fat trapped inside your liver. This "shrinks" your liver, pulling it away from your stomach and giving Dr. Sandy a clear, safe operating field for a precise laparoscopic procedure.

Dr. Sandy's Pro-Tip: *"Since you only have 7 days, meal prep is everything! A lack of preparation is the only reason patients struggle. Go to Costco or Walmart this weekend and buy your clear liquids and proteins in bulk so you are never caught unprepared."*

Your US Grocery Run (Target, Walmart, or Costco)

Your official diet phase is only 7 days. Let's make grocery shopping simple and stress-free. Add these exact items to your cart this weekend:

- **For Hydration:** Crystal Light packets, Gatorade Zero, VitaminWater Zero, or Sugar-Free Mio drops.
- **For the Clear Liquid Phase (The Final 48 Hrs):** Swanson or Pacific Foods Clear Chicken/Beef Broth, Sugar-Free Jell-O cups, and Sugar-Free Popsicles (no fruit chunks).
- **For Quick Proteins:** Tyson Grilled & Ready chicken breast strips, frozen raw shrimp, extra-lean ground turkey, and eggs.
- **For Quick Veggies:** Birds Eye Steamfresh frozen vegetables (broccoli, cauliflower, green beans).

The Nutritional Plan (Days 7 to 3)

Because your pre-op window is only 7 days, there is zero room for error. A single carbohydrate "cheat" will instantly refill your liver with water and glycogen, undoing your hard work and making surgery more difficult.

During the first 5 days of this week (Days 7, 6, 5, 4, and 3 before surgery), your daily intake will consist of **2 to 3 solid lean meals** AND **1 to 2 protein shakes**.

Approved US Protein Shakes

Must have $\geq 20g$ of protein and $\leq 5g$ of sugar per serving.

- **Ready-to-Drink (Easiest):** Fairlife Nutrition Plan (30g protein - Lactose-Free), Premier Protein shakes, or Isopure Zero Carb (Clear liquid protein).
- **Powders:** Vega Sport Vegan Protein, Orgain Organic Plant-Based, or Naked Pea Protein.
- **Rule:** Mix powders ONLY with water or unsweetened almond/coconut milk (like Silk or Almond Breeze). Absolutely no dairy milk.

The Solid Food Rules

ALLOWED (Green Light):

- **Lean Proteins (Eat this first!):** Chicken breast, turkey breast, white fish, salmon, shrimp, 90/10 lean ground beef, eggs, or tofu.
- **Unlimited Non-Starchy Veggies:** Spinach, broccoli, cauliflower, zucchini, celery, asparagus, green beans, and leafy salads.
- **Healthy Fats (1 serving daily):** Half an avocado, 1 tablespoon of olive oil, or a small handful of plain almonds/walnuts.

STRICTLY PROHIBITED (Red Light):

- Sugar, bread, rice, pasta, tortillas, potatoes, corn, and oats.
- Dairy milk and full-fat cheeses.
- Alcohol and carbonated drinks (sodas).

Quick 15-Minute Recipe Ideas

- **The "Trader Joe's" Bariatric Bowl:** 4 oz of pre-cooked grilled chicken strips, 1 cup of steamed cauliflower rice, half an avocado, and a splash of low-sodium soy sauce.
- **Zucchini Noodles (Zoodles) & Shrimp:** Sauté frozen shrimp with garlic and olive oil, toss in fresh zucchini noodles, and top with a squeeze of fresh lemon. High protein, zero carbs!

The Mental Sprint: Behavioral Habits

This week is about mental discipline. Your stomach will soon be smaller, but your mind needs to adjust to this new anatomy. Start practicing these habits today to ensure a smooth, pain-free recovery.

1. The 30/30 Rule: Your Ultimate Tool

- **The Rule:** Stop drinking all liquids 30 minutes before a meal, and wait 30 minutes after you finish eating to drink again.
- **The "Why":** Your new stomach will function like a small funnel. If you drink liquids while eating, you will "wash" the food straight through your stomach into your intestines. This leaves you feeling hungry immediately and can cause severe nausea and cramping known as "Dumping Syndrome."

2. Master the "Bariatric Chew"

- **The Rule:** Chew every single bite 20 to 30 times until it reaches an applesauce consistency before swallowing.
- **The "Why":** After surgery, swallowing unchewed chunks of food can cause painful blockages. Digestion now starts entirely in your mouth.

3. Pace Your Meals Systematically

- **The Rule:** Take 20 to 30 minutes to finish a meal. Put your fork down between every bite.
- **The "Why":** It takes 20 minutes for your stomach to send the "I'm full" signal to your brain. Eating too fast post-op will lead to painful stomach stretching and vomiting.

Your Pre-Surgical Medical Timeline

Even though your strict food diet is only 1 week, your medical preparation starts much earlier. You must strictly follow these milestones to ensure anesthesia safety and prevent surgical complications.

2 Months Prior – The Clean Start

- **STOP all nicotine products (Smoking, Vaping, Patches).** *Medical Reason:* Nicotine severely restricts oxygen flow to your tissues, preventing healing and drastically increasing the risk of stomach leaks and ulcers.
- *Support:* Ask your primary care provider for Chantix and Wellbutrin. These two medications taken together are highly effective in stopping nicotine cravings.

14 Days Prior – The Internal Cleanse

- **STOP all vitamins and herbal supplements.** (Many natural herbs thin the blood).
- **DISCONTINUE oral birth control and female supplemental hormones.** (*Note: IUDs and arm implants are totally safe and do not need to be removed.*)

- **NO alcohol, marijuana, or THC products.** These alter liver enzymes, significantly increasing bleeding risks and interfering with anesthesia sedation.
- **DISCONTINUE all caffeine (Switch to Decaf).** Caffeine is a diuretic that causes dehydration. Quitting now also prevents severe withdrawal headaches in the hospital.

7 Days Prior – Medication Safety (Your Diet Starts Today!)

- **STOP specific medications:** Coumadin, ANY anticoagulants, or blood thinners (Xarelto, Plavix, Aspirin, Ibuprofen, Motrin, Advil, Nuprin, Aleve, or any other NSAID).
- *Medical Reason:* These medications cause severe stomach irritation and increase surgical bleeding. Remember, this includes baby Aspirin and most arthritis medications. *(If you have questions about mandatory medications, contact our medical team immediately).*

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2 Days Prior: The Clear Liquid Phase

Forty-eight hours before your scheduled surgery time, **you must STOP ALL SOLID FOODS.** You will transition immediately to a strict clear liquid diet. This empties your digestive tract completely, which is critical to prevent life-threatening infections during your laparoscopic surgery.

- **Approved:** Water, Sugar-Free Gatorade, clear strained broths, Sugar-Free Jell-O, diluted apple juice (50% water), and decaf black tea/coffee.
- **Prohibited:** Protein shakes (they are too thick now), milk, sodas, orange juice, or any solid food/purée.

Dr. Sandy's Magic Broth Hack: > *When cravings hit during this clear liquid phase, heat up Swanson Chicken Broth and add a pinch of Mrs. Dash (salt-free seasoning) for extra flavor without the calories or carbs!*

8 Hours Prior: The Final Race (NPO)

- **ABSOLUTELY NOTHING BY MOUTH.**
- Do not consume even a sip of water, ice chips, mints, or gum after midnight preceding your surgery.
- **NO MEDICATIONS** unless explicitly directed by Dr. Sandy or our anesthesiologist.
- *Medical Reason:* If there is fluid in your stomach when anesthesia is administered, it can travel into your lungs (Aspiration Pneumonia). **If you drink water during this 8-hour window, your surgery will be canceled.**

IMPORTANT CHECKLIST: Please bring ALL your prescribed medications (whether you are currently taking them or not) in properly labeled pharmaceutical bottles for documentation during your Pre-Op testing at the hospital. Do NOT take any medications after surgery until you have consulted with Dr. Sandy.