

Post-test Class 4 Pre-op Diet**Date:** _____

Name: _____ DOB: _____

1. Give three examples of clear liquids.

2. How many meals can you have a day on the pre-op diet?

_____ meals

3. How long does the pre-op diet last? _____ days

4. Can you eat a meal the day before your surgery? YES NO

5. Why must you do a pre-op diet?

- a. To lose weight
- b. To shrink the liver
- c. To get use to fasting
- d. To clean out your digestive system

6. About how many calories is your one meal a day? _____ calories

7. About how many calories is the pre-op diet? _____ calories

8. Is it ok to add Benefiber to your shakes? YES NO

9. Can you have diet sodas after surgery? YES NO

10. If you get a headache, it is ok to use Tylenol? YES NO

Your weight _____