



## Pre-Op Rules for a Healthy Lifestyle

1. Physical fitness will give you the easiest recovery from surgery, and your surgeon will be able to perform the best operation possible.
2. Cardio exercise 30 minutes, 3 times a week or more, gradually increase the intensity.
3. Practice low carb diet. This is what will be tolerated the best after surgery, and is very effective to achieve weight loss.
4. Focus on eating protein foods and variety of non-starchy veggies.
5. For more rapid weight loss, choose low fat protein foods and/or supplements.
6. No nicotine for 60 days before surgery, and remain off nicotine permanently.
7. No large meals the week before surgery.
8. Only water, coffee, tea, low calorie protein supplements, meat, eggs, milk, yogurt, cheese allowed on the day before surgery. This is to reduce the amount of fiber in the digestive tract.
9. Nothing to eat or drink after midnight the night before surgery.

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MercyOne North Iowa Bariatric Surgery  
910 N. Eisenhower Avenue  
Mason City, IA 50401  
641-428-2400

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