

## Optifast Pre-Surgery Meal Replacement Post-Test

1. Optifast is to be started on Day \_\_\_\_ prior to surgery.
  - a. 5
  - b. 6
  - c. 8
  - d. 7
  
2. A clear liquid diet will be followed the day before surgery. All of the following are clear liquids except:
  - a. Milk
  - b. Jell-O with no fruit or topping
  - c. Low sodium broth
  - d. 100% real fruit juice such as apple or grape juice
  
3. How many total Optifast products per day does a woman need?
  - a. 7 per day
  - b. 8 per day

How many total Optifast products per day does a man need?

  - a. 7 per day
  - b. 8 per day
  
4. If a diabetic patient blood sugar should go low , they should
  - a. Add another product in addition to the ones they are taking
  - b. Treat the low blood sugar
  - c. Ensure they are taking a product every 2 to 3 hours
  - d. All of the above
  
5. Which of the following low calorie foods may be consumed in addition to the Optifast products?
  - a) Sugar-free candy or mints (No more than 20 calories per day)
  - b) Low-Sodium Bouillon/broth
  - c) Sugar free popsicles
  - d) Sugar free Jell-O
  - e) All of the above