

## OPTIFAST 1-WEEK PRE-SURGERY SUMMARY

The one week Optifast program was started to help our bariatric patients in a variety of ways:

1. Improve nutritional status before surgery and reduce abdominal and liver size to reduce the risk of surgical complications and lessen recovery time.
2. To help focus on goal of weight loss and avoid the “last supper(s)” syndrome.

Optifast nutritional supplements are nutritionally complete with adequate protein and fortified with vitamins and minerals to meet your needs. The Optifast plan for men and women is as follows:

Women:	7 products per day
Men:	8 products per day

### Guidelines for Safe and Effective Weight Loss:

- Consume all prescribed formula/dietary products daily. Do not skip meals!
- Optifast Phase is for 7 days. **The 7-day Optifast program should start 8 days before your surgery date. The day before surgery is clear liquids only. See attached for information related to a clear liquid diet.**
- **Drink an additional 2 quarts (64 oz.)** of sugar-free, caffeine-free, non-carbonated beverages in addition to prescribed products. **Water is the best choice and should make up ½ of fluids consumed.** Other beverage selections can include Sugar-free Kool Aid, Crystal Light, Fruit<sub>2</sub>O, decaffeinated tea or coffee.
- The ready-to-drink product is better chilled, but can also be enjoy frozen or warmed. To freeze the product, pour into a freezer safe container and then freeze. To warm the product, remove from the foil lined carton and **do not boil.**
- Flavor enhancements: Sugar-free syrups and flavoring extracts can be added to ready-to-drink shakes. Herbs & spices can be added to soups.
- Store ready-to-drink products in a cool dry area.
- Keep a food diary daily! Keeping a food diary has been shown to increase patient success in losing weight and is required after surgery.

### Limit Use of Low-Calorie Foods

One advantage of the formula option is removing cues of food tastes and limiting the choices to reduce food intake. If you find it difficult to remain on the weight loss plan prescribed, the products listed below may satisfy your oral needs and taste preferences with adding very few calories.

- Sugar-free candy, mints, or gum. No more than twenty calories per day.
- Sugar-free Jell-O, Sugar-free popsicles
- Low Sodium Bouillon

**OPTIFAST NUTRITIONAL PRODUCTS CANNOT BE REFUNDED OR EXCHANGED ONCE YOU HAVE LEFT THE CLINIC. FEEL FREE TO TRADE WITH OTHER PATIENTS.**

### **CLEAR LIQUID DIET**

The clear liquid diet is to be followed the day before your surgery date. The following liquids can be consumed:

100% fruit juice with no pulp: cranberry, grape, apple juice

\*All Juicy Juice brand of 100% fruit juice in the juice aisle of the grocery store are appropriate.

Popsicles with no fruit pulp (regular or sugar-free)

Jell-O with no fruit or topping (regular or sugar-free)

Gatorade/G2

Special K Protein Water Mix

Low-sodium broth or stock

Sugar-free, caffeine-free, non-carbonated beverages appropriate for clear liquid diet & post-surgery include:

Decaffeinated tea/coffee \*No milk, creamer or non-dairy creamer added to the coffee.

Sugar-free flavorings added to water such as Crystal Light or MiO Liquid Water Enhancer (NOT Mio Energy Water Enhancer), Propel Water, Minute Maid Light

\*Always include some plain water as part of your daily fluids.

\*Sugar substitutes can be added to beverages. Examples of sugar substitutes include Stevia, Splenda, Equal, Truvia and Sweet N Low.

If you are diabetic and taking insulin or other diabetic medications, or have a history of hypoglycemia, be sure to include 30 - 45 g grams of carbohydrate at 3 meals and 15 grams carbohydrate at 3 snacks. See examples of 15 gram carbohydrate selections:

#### **15 Grams of Carbohydrate Clear Liquids:**

½ cup apple juice

1/3 cup grape juice

1/3 cup Cranberry Juice Cocktail

1 cup Cranberry Juice Cocktail, reduced-calorie

½ cup regular gelatin

1 cup Gatorade

1 double Popsicle (not sugar-free)

## **TIPS FOR GETTING STARTED**

- **Take one day at a time.**
- **Plan ahead, be prepared to use products away from home.**
- **If possible, have someone else cook and clean up after family meals.**
- **Plan to reward yourself with things other than food.**
- **Discuss program with family and friends to help support your goals.**
- **Avoid buying foods that are hard for you to pass up.**
- **Stay out of the kitchen except to prepare your own meals.**
- **Ask family to prepare their own meals the first few days of your program.**
- **If you are asked to go out to eat, have a product before going or meet for tea, coffee, or an activity unrelated to food.**