

REGIONAL BARIATRIC ASSESSMENT & TREATMENT CENTRE

OPTIFAST®: Preparing for Bariatric Surgery

Surgeon's Name: _____

Phone #: _____

Length of Time on Optifast®: _____ weeks

Starting Date: _____

BEFORE Surgery

Liquid Diet: Optifast® 900



Goal: To lose weight and shrink the size of the liver to help make your weight loss surgery easier and safer.

Optifast® is a low-carbohydrate, low-fat, high-protein meal replacement. It is complete with all vitamins and minerals needed to keep you well-nourished before your surgery.

DAILY Liquid Diet

4 packets of Optifast® per day prepared with cold water = **900 calories, 90 grams protein**

How to take Optifast®:

1. Drink **4 packets** of Optifast® **per day**.
Less than 4 packets per day may cause muscle breakdown, which can delay healing and proper weight loss after surgery.
2. **Preparation:** Mix one packet of Optifast® powder with 1 – 2 cups (250 – 500 mL) of cold water. Blend well. Add ice for a chilled effect.
3. Space the packets 3 – 4 hours apart throughout the day. Drink Optifast® at meal times and use the fourth packet as a snack.
4. Drink Optifast® immediately after mixing for best results, or refrigerate for up to 24 hours.
5. **Do not consume other food or calorie-containing fluids while on Optifast®.**

STOP taking Optifast® by **midnight** the day before your surgery.



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Daily Fluids

1.5 to 2 litres (6 – 8 cups) each day

Drink plenty of calorie-free, caffeine-free fluids in addition to the Optifast® meals.

Acceptable Fluids

- * Clear **broth**; limit to 250 mL (1 cup) total per day
 - o Read the label: **Less than 10 calories per serving**
- * Decaffeinated coffee or tea, black or with added sweetener
- * Water
- * Water with sugar-free flavouring (e.g. fresh lemon or lime juice, Crystal Light® Singles).

NO FOOD INTAKE!

Helpful Hints

- * Sprinkle **cinnamon** or **nutmeg** into the vanilla Optifast® for a classic flavor
- * Boost the chocolate Optifast® with 1 – 2 drops of almond, orange or peppermint **extract**
- * Create a smoothie effect with a sprinkle of orange or raspberry **Crystal Light®** into the vanilla Optifast®
- * Enhance the chocolate Optifast® with a splash of cold **decaffeinated coffee** for a mocha sensation
- * Go for the **pudding** effect by adding less water and eat Optifast® with a spoon.

Be patient; it may take 2 – 3 days for your body to adjust to the effects of Optifast®.

Buying Optifast®

A 2-week supply costs approximately \$200

Your body weight helps determine the amount of Optifast® needed to prepare you for surgery. Most people take Optifast® for about 2 – 4 weeks. **Be ready to purchase your supply the day you meet the surgeon.**

Method of Payment:

- * Cash, Credit Card or Debit Card