



Bariatric Medical Clinic

Optifast® Program

Level 0, Block C – Outpatient Clinic Area
West 5th Campus
100 West 5th Street
Hamilton, Ontario L9C 0E3 (for location)
Mail Only Postal Code: L8N 3K7

905-522-1155 ext. 37327

What is the formula for the Optifast shakes?

The Optifast formula (4 servings daily) provides:

- 900 calories
- 90 grams of protein

The shakes provide all of your vitamin, mineral and nutrient needs. This high protein, low calorie combination promotes safe, rapid weight loss while at the same time, helps you to maintain your lean body mass (muscle).

The shakes come in 2 flavours; vanilla and chocolate. They are provided in powder form and you will need to mix them with water. The shakes are lactose free and carry the “D Kosher Seal”.

You will not need additional nutritional supplementation other than fibre if required.

Optifast® Program at a glance ...

Phase 1

- Attend 26 weekly education classes to learn new skills and lifestyle changes, including:
 - 12 weeks of full meal replacement (4 shakes a day)
 - gradual return to regular meals
 - apply new skills to help you manage your weight with the support of a health care provider

Phase 2

- Attend monthly maintenance classes for 6 months to help you to continue to use the new skills you have learned to manage your weight.

You will receive regular medical supervision throughout the program.

Commitment

To take part in this program and have the most success at reaching your health and weight goals, you will need to:

- attend every weekly class. The nurse and/or doctor will check your progress at each class.
- purchase a one-week supply of shakes at each weekly class.

The Ministry of Health only funds one attempt within the Medical Bariatric Program.

What if I am unable to attend one or more classes?

If you are unable to attend:

- **1 class**, please call the program assistant at 905-522-1155 ext. 37327.
- **2 classes in a row**, you need to talk to the doctor for approval to continue with the program.

How much does the program cost?

The Optifast Program costs about \$92 a week for the first 12 weeks. (Prices may change). This amount will gradually become less as you reintroduce food and purchase less shakes.

How will the shakes be provided?

You will pick up your shakes weekly during your education sessions.

Arrangements can be made if you must be away for a regularly scheduled class.