
Optifast Diet Instructions

Your surgeon will have told you how long you need to follow this diet before surgery. This depends on your personal treatment plan.

How do I take Optifast?

- Make sure you have **4 Optifast packets** each day. Do not drink less than 4 Optifast a day as this can result in muscle loss and poor healing after surgery.
- Mix 1 packet with at least 300 ml (1¼ cups) of cold water. You can add ice cubes if you like. Shake well or blend in a blender.
- Drink at least 2 litres (8 cups) of fluid each day **including the Optifast amounts.**

What else can I take with Optifast?

Drink sugar-free, calorie-free beverages that are non-carbonated, including:

- water
- decaf coffee or decaf tea (no milk or sugar added), artificial sweetener is okay
- Crystal Light or Mio
- low fat broth (up to 20 calories per serving is allowed)
- sugar-free jello
- popsicles made from Crystal Light or Mio

You can also eat up to a total of 500 ml (2 cups) a day of the following vegetables while taking Optifast. These are the ONLY vegetables you can eat:

- green peppers
- broccoli
- cauliflower
- lettuce
- spinach
- celery
- cabbage
- cucumber

You can use a small amount (1 tablespoon or 15 ml) of calorie-free dressing with your vegetables if you like.

You cannot eat any other solid foods while you are taking Optifast.

Can I add anything to change the flavour?

You may add any of the following to your Optifast to change the flavour:

- decaf coffee (brewed or instant coffee crystals)
- sugar-free syrups or flavour extracts such as mint, berry, maple or banana
- zero-calorie drinks such as Crystal Light or Mio

What do I do if I have diabetes?

- Read page 13 of your bariatric surgery book.
- If you need help adjusting your diabetes medications while on Optifast, please call your family doctor or our diabetes nurse at 905-522-1155 ext. 34986.

What if I have constipation or diarrhea while taking Optifast?

- Sometimes, people have constipation or diarrhea while taking Optifast. This is mostly related to the low amount of fibre found in the product.
- If you have constipation, try increasing your liquids up to 3 litres (12 cups) each day. You can also try using a fibre supplement such as Benefibre or Metamucil capsules. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose. If you still have constipation, you can also use medications for constipation such as colace, senekot or milk of magnesia.
- If you have diarrhea, it is still important to drink at least 2 litres (8 cups) of fluids daily. Using a fibre supplement such as Benefibre or Metamucil capsules can also help with diarrhea. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose.

Remember:

- **Stop taking Optifast and eating vegetables 2 days before surgery and continue taking only clear fluids. See page 16 of your book for more details.**