

# PRE OP OPTI FAST PROGRAM

SLEEVE GASTRECTOMY  
LOW CALORIE DIET

# VERY LOW CALORIE DIET (VLCD)

## Why do I need to lose weight prior surgery?

Weight loss prior to surgery is crucial for:

- reducing the size and volume of the liver
- improving surgical access
- reducing operating time
- improving mobility post-surgery

## What is Optifast® ?

Optifast® is a nutritionally complete meal replacement product that has been medically formulated to help patients rapidly lose weight and reduce their obesity- related health risks and co-morbidities. The Optifast® meal replacements products contain sufficient amounts of carbohydrate, essential fatty acids and high quality protein, as well as vitamins and minerals to ensure that all of your nutrient requirements are met.

## How does the Optifast® VLCD work?

The Optifast® Very Low Calorie Diet™ (VLCD) allows you lose weight through restricting your energy (calorie) intake ( below 800 calories) as well as restricting your carbohydrate intake. This will result in your body drawing energy from your own fat stores, particularly the liver.

When the body produces energy from your own fat stores, 'ketones' are produced. This process is called 'ketosis'. Ketones act as a natural appetite suppressant. If you have additional foods (particularly carbohydrate foods and sugary foods) whilst following the Optifast® VLCD™, ketosis will be impaired, your cravings for food will increase, making it harder for you to follow the diet and therefore reduce the amount of fat lost. To ensure rapid weight loss, it is very important to strictly follow the recommended Optifast® VLCD™ program.

## What to expect on the Optifast® VLCD program™ ?

Depending on your weight, you will be on the Optifast® VLCD™ for 2-4 weeks before your operation. Research has shown that you can lose around 1-2 kg per week on the Optifast® VLCD™ during this phase.

## “ The 3 day challenge”

It is normal to feel hungry/ hungrier than usual for the first days upon commencing the Optifast® VLCD™. Your body will start to adjust and your appetite will decrease after about day 3.

## Some side effects

When you commence Optifast® you may:

- feel tired, nauseous, dizzy or irritable
- have bad breath (due to ketosis)
- notice a decrease in your bowel motions
- experience a gout flare up (if you are prone to gout attacks)

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## **Bowels and Constipation**

You may notice a change in your bowels in that they may become less regular as a result of the little amount of 'residue' or fibre left in the gut when on Optifast®. To help encourage more regular bowel movements, ensure that you:

- drink enough fluid-aim for 2 L water per day
- eat plenty of vegetables (from the 'allowed' list )
- take a fibre supplement- Benefibr (2 teaspoons mixed with water; up to 4 times per day )

# OPTIFAST® VLCD INSTRUCTIONS

My surgery date: .....

Start Optifast on: .....

I need to follow Optifast VLCD for ..... weeks

**Everyday I must have:**

**3** Optifast products (any variety/day

+

**2** cups of free vegetables from the list provided/day

+

**1** teaspoon of oil / day (e.g extra virgin olive oil)

+

**2-3 L** Fluids (2 L water + 2-3 black tea/coffee/broth)

+

**1-8 teaspoons** of Benfibre / day

+

Supplements as recommended

- Vitamin D (drops | liquid | capsules | prescription .....
- Iron .....day
- Multivitamin .....day

# OPTIFAST - INSTRUCTIONS

MEALS	EXAMPLE
Breakfast	<ul style="list-style-type: none"> <li>• 1 Optifast VLCD product ( example: shake)</li> <li>• Black tea/ coffee (no milk, no sugar)</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 1 Optifast VLCD product ( example: bar) + 1 cup Salad (from allowed list)</li> <li>• Black tea / coffee ( no milk, no sugar)</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 1 Optifast VLCD product (example : soup)</li> <li>+ 1 cup of salad/steamed/stir fried vegetables from 'allowed list'</li> <li>+ 1 teaspoon oil to cook vegetables / use as dressing</li> <li>• Black Tea/Coffee (no milk, no sugar)</li> </ul>
Snacks	<ul style="list-style-type: none"> <li>• Diet Jelly</li> <li>• Vegetable sticks from 'allowed' vegetable list</li> <li>• Home - made vegetable soup from 'allowed list</li> <li>• Clear broth</li> </ul>

**Fluids** - It is very important to drink at least 2 L of fluid every day

**Water is preferable, but you can also have small amounts of:**

- Plain mineral water/ soda water
- Coffee and tea (black/herbal only, **NO MILK, NO SUGAR**)
- Diet soft drink/ cordial

You **MUST NOT HAVE** fruit juice, full cream milk, full sugar soft drink, cordial, alcohol

# ADDITIONAL FOODS ON THE VLCD

FOOD ITEMS	ALLOWED	AVOID
Fruit	NIL	ALL FRUIT
Low Starch Vegetables (2 cups per day)	Alfalfa sprouts, Asparagus, Bean Sprouts, Bok Choy, Broccoli, Brussels sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Green beans, Lettuce (all types), Leeks, Mushrooms, Onions, Radishes, Shallots, Silverbeet, Snow peas, Spinach, Squash, Tomatoes, Watercress, Zucchini	Corn, Avocado, green peas, legumes, lentils, potato, sweet potato, parsnip, pumpkin, turnip
Soups	Home-made vegetable soup (from allowed vegetables) Stock cubes/ bonox/ miso soup (in moderation)	All other soups
Sauces & Condiments	Lemon/ lime juice, vinegar, mustard, worcesterhire sauce, soy sauce (salt reduced, in moderation) tomato paste (salt reduced in moderation)	All others
Spices & Herbs	All spice, basil, celery flakes, chilli, chives, cinnamon, cloves, coriander, cumin, curry powder, dill, fennel, garlic, ginger mint, mustard seed, nutmeg, oregano, paprika, parsley, pepper, rosemary, sage, thyme, tumeric, taragon	Salt
Miscellaneous	1 tsp plant - based oil /day Artificial sweeteners unsweetened lollies, chewing equal gum, diet jelly, natural low-calorie sweeteners (e.g stevia/natvia)	
Calorie free fluids	water, tea, coffee, plain mineral water, diet cordial, diet soft drink	Fruit juice, soft drink, full sugar cordial, alcohol, milk, tonic water