

# **Pre-Surgical OPTIFAST® Diet Instructions**

## **EATING IS NOT AN OPTION!**

- ✦ Take a minimum of 5 Meal Replacement OPTIFAST® a day.
- ✦ ***Take one formula every 3 hours for best results.***
- ✦ Take them early in the day rather than late. Taking them late will greatly risk your success at maintaining your diet.
- ✦ Don't sip the drinks. Take them like a meal in 5 or 10 minutes.
- ✦ We do encourage you to drink extra packets if you feel hunger or are tempted to break the liquid diet.
- ✦ Store at room temperature, or chill.
- ✦ If dizziness extreme fatigue or lightheadedness develops, it will be most likely due to your decrease in sodium intake. Consult with YOUR MEDICAL STAFF
- ✦ Daily multivitamin

## **Preparing the Formula Products**

- ✦ Mix the OPTIFAST® with 8 -12 ounces of water. Use a blender, whisk, fork or any mixer on the market, (blender works the best).
- ✦ First pour water into the mixer then add the powder, to prevent lumpiness. You may add ice if desired.
- ✦ You can add food extracts for variation in flavors and color.
- ✦ You can mix your formula with non-caloric beverages such as coffee, crystal light, etc.
- ✦ The brick, ready to drink formula, shake well before drinking.
- ✦ Don't keep powder formula for more than 24 hours after it has been mixed.

- ✦ Other drinks allowed are, black coffee, tea, diet sodas sugar free lemonade.

### **Fluid Consumption**

- ✦ **You must drink at least 2 quarts of water daily in addition to yours supplement.**
- ✦ *Water is the vehicle that will transport waste products out of your body.*
- ✦ Measure your fluids to ensure you are drinking enough.
- ✦ You may wish to drink 1 – 2 diet sodas daily especially during the first few days.
- ✦ You may drink coffee, tea, crystal light, or other non-caloric beverages, but always remember that water is the most important of all.