



## Bariatric Surgery: Stage 1 - Optifast Diet

Prior to surgery you will be required to follow the Nestlé OPTIFAST VLCD® (the Optifast Diet) for 2-4 weeks. The Optifast diet is a meal plan that is used to prepare your body for surgery by making the liver smaller. This happens when the body uses fat as the primary source of energy, instead of carbohydrates. Shrinking the liver is important as this makes the stomach more visible during surgery. This reduces the operation time and minimises complication risks.

Once you have a provisional date for surgery, the surgeon will indicate when you need to start Optifast. Optifast should not be used as a weight loss aid at other times before your surgery, as this could affect your tolerance to all protein shakes after surgery.

### Your Daily Prescription

- **3** Optifast products: Shakes / Soups / Bars / Desserts (aim for at least 2 shakes per day)
- **1** of the following: **2** eggs / **50g** chicken / **60g** white fish / **80g** Quorn™ (giving ~12-14g protein)
- **2** litres of calorie free liquids (details on the other side)
- **2** cups of low starch vegetables (details on the other side)
- **1** tsp vegetable oil per day included in meals (such as olive oil)

### Example Days

<i>Breakfast</i>	<i>1 Optifast</i>	<i>Breakfast</i>	<i>1 Optifast</i>
<i>Morning Tea</i>	<i>1 Optifast</i>	<i>Morning Tea</i>	<i>1 Optifast</i>
<i>Lunch</i>	<i>1-2 cup salad</i>	<i>Lunch</i>	<i>1-2 cup salad + 1 egg</i>
<i>Afternoon Tea</i>	<i>1 Optifast</i>	<i>Afternoon Tea</i>	<i>1 Optifast</i>
<i>Dinner</i>	<i>1-2 cups vege + 50g chicken</i>	<i>Dinner</i>	<i>1-2 cups vege + 1 egg</i>

### Key Points

- The first 3 days of Optifast are the most difficult and you may experience any of the following symptoms: excessive hunger, extreme tiredness, headaches or nausea.
- Drinking more fluids will help to reduce symptoms of headaches and tiredness.
- Snack on vege sticks to help with the symptoms of hunger. If you are very hungry you can have an extra Optifast. This hunger should ease by day 3-4.
- Optifast desserts and bars can be included in the weeks leading up to surgery but not after surgery.
- It is normal to experience changes to your bowel movements during this diet.

### Diabetic Patients

- If you take any diabetes medications other than Metformin, you must get in touch with your Diabetes Team before starting Optifast (You can continue taking Metformin while on Optifast).
- Each Optifast contains around 18g total carbohydrates and you will have 3 per day.
- Monitor your blood glucose and follow the advice of your team about treating any high or low readings and arrange a review with your GP if any concerns.
- For more information go to: [www.optifast.com.au](http://www.optifast.com.au), look for the Weight Loss Levels. You are on the OPTIFAST® VLCD™ Program Intensive level. There is a free Optifast App available for support.

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## Additional daily allowance while on Optifast VLCD

Allowed				Avoid
Low-starch vegetables: Minimum 2 cups per day				
Alfalfa sprouts Asparagus Bean sprouts Beetroot (30-40g) Bok Choy Broccoli Brussels sprouts Cabbage Capsicum	Carrots (30-40g) Cauliflower Celery Cucumber Eggplant Green beans Konjac noodles (Slendier range)	Lettuce (all types) Leeks Mushrooms Onions Radishes Shallots Silver beet	Snow peas Spinach Squash Tomatoes Watercress Zucchini	Corn Green peas Kumara Legumes Lentils Potato Kūmara Parsnip Pumpkin Turnip
Soup				Avoid
Stock cubes	Oxo cubes	Vegetable soups made from allowed vegetables	Miso soup	All other soups
Drinks				Avoid
Soda water Plain mineral water	Diet soft drinks and cordial (Caffeine free)	Decaffeinated coffee (max 30mls trim milk and no sugar)	Decaffeinated tea (max 30mls trim milk and no sugar) Herbal Teas (Caffeine free)	Fruit Juice Alcohol Soft drinks Cordial Milk (maximum 60mls per day)
Miscellaneous				Avoid
Artificial sweeteners	Stevia	Diet jelly (this can be included post- surgery)	Chewing gum	All others
Herbs & Spices				Avoid
All spice Basil Celery flakes Chilli Chives Cinnamon Cloves	Coriander Cumin Curry powder Dill Fennel Garlic Ginger	Salt Mint Mustard seed Nutmeg Oregano Paprika Parsley	Pepper Rosemary Sage Thyme Turmeric Tarragon	All others
Sauces and Condiments				Avoid
Tabasco Sauce (1- 2 tsp) Fish Sauce (4 tsp)	Chilli Soy Sauce (3 tsp) Vinegar	Lemon/lime juice Worcestershire Sauce	Zero fat/sugar dressings Mustard (1 tsp)	All others

## Fruit

- Fruit is only included if the surgeon has advised you follow the Optifast programme for 4 weeks
- Fruit can then only be included for the first 2 weeks on Optifast, with no fruit included for the final 2 weeks directly before surgery.
- A full list of allowed fruits can be found on the Optifast website, with 1 serving including fruits like: 1 small apple, 1 orange, ½ cup grapes, or 2 plums.

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