

## **PRE SURGERY WEIGHT LOSS DIET**

Please follow the very low calorie diet (VLCD) in preparation for surgery for 2 weeks, unless you are told anything different from your surgeon. The only reason for a VLCD is to help reduce the size of the liver, which can be quite large in overweight individuals. During your surgery the liver needs to be nudged to the side in order to make room for the procedure.

The VLCD is achieved by using meal replacement shakes, soups and bars. The most commonly used product is Optifast due to research demonstrating its ability to reduce liver size. Mr Andrew Smith is happy for you to also use the Optislim shakes only made with water, but no other Optislim product.

I believe that following such a restrictive intake makes this the most challenging dietary phase. To help keep you on track, I recommend you count down to 0 because this is the last time you will ever follow a diet for the rest of your life. That's exciting!

**A summary of the 2 week program is summarized below:**

**a. 3 meal replacements per day. You can choose from:**

**i. Any of the optifast range of shakes, bars, soups, dessert**

**b. One piece of fruit (excluding the banana)**

**c. Maximum 3 cups carb free permitted vegetables.**

**d. Include 1 tbs of any oil in your preparations desired**

**e. Also permitted all fresh herbs and spices, permitted sauces mentioned in the table, diet jelly, herbal and normal tea and coffee. Only a tiny splash of milk is permitted in one coffee or tea once per day The remaining need coffee or teas need to be black.**

**NO OTHER FOODS ARE ALLOWED**

## ADDITIONAL POINTERS TO HELP YOU COPE

- Often inadequate hydration leads to headaches. Aim to consume at least 1.5 to 2 litres of water per day. If the colour of your urine is clear in colour by 2 hours after waking in the morning you are well hydrated. Consider chilled water flavored with a lemon wedge is quite refreshing.
  - If the drinks are too rich, feel free to mix with more than 200ml water to dilute and consider grazing rather than consuming all at the one time. Feel free to use as little as much water as you would like.
  - Add lots of ice cubes to the milkshakes for greater enjoyment and consider mixing the flavours
  - Consider flavouring the vanilla milkshake with a diet flavouring (calorie free) to increase variety
  - If the Optifast program is causing constipation, please add more fibre use benefibre.
  - **It can take up to 3 days for symptoms such as fatigue, nausea, headache and hunger to settle.** If these symptoms have not settled by day 4 please contact your dietitian to discuss your concerns further
  - **If you have diabetes, what should I be aware of?** If you are on medication or insulin please test your blood sugar levels more often as they do reduce quickly requiring an adjustment of your medication. Please review this with your doctor.
  - **Is lactose a problem?** You can use celebrity slim dairy free chocolate flavour, add lacteeze tablets into your shakes (tablets can be bought from the pharmacy) . Review the list of optifast products in the table and refer to the items with minimal lactose in them such as the bars and desserts
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## OPTIFAST® VLCD™ product information

Product	Gluten containing ingredients	Lactose (per serve)	Fructose (per serve)	Inulin	Fish oil	GI
Vanilla Shake	No*	10.3 g	3.4 g	Yes	Yes	27
Chocolate Shake	No*	10.3 g	4.0 g	Yes	Yes	31
Strawberry Shake	No*	10.3 g	3.4 g	Yes	Yes	27
Coffee Shake	No*	10.3 g	3.0 g	Yes	Yes	31
Banana Shake	No*	10.3 g	3.4 g	Yes	Yes	24
Caramel Shake	No*	10.3 g	0	Yes	Yes	34
Vanilla Shake (21 pk)	No	4.2 g	0	No	No	33
Chocolate Shake (21 pk)	No	4.8 g	0	No	No	33
Chocolate Dessert	No	<0.05 g	4.6 g	No	No	27
Lemon Crème Dessert	No	<0.1 g	4.6 g	No	No	27
Chicken Soup	Yes	1.1 g	0.09 g	No	No	31
Vegetable Soup	Yes	7.1 g	0.49 g	Yes	Yes	24
Tomato Soup	Yes	8.1 g	0	No	Yes	N/A
Berry Crunch Bar	No^	0.12 g	9.4 g	Yes	No	25
Chocolate Bar	No^	0.8 g	5.9 g	No	No	20
Cappuccino Bar	No^	0.8 g	8.1 g	Yes	No	29

\*Glucose syrup derived from wheat; however, this is very highly refined and does not contain gluten.

^ No gluten-containing ingredients. Made on equipment that also processes oats.



## ADDITIONAL FOODS AND FLUIDS ALLOWED

<b>Permitted Foods</b>	
<b>If the food you want to eat is not in the list, it is not permitted</b>	
<b>Fruit</b>  <b>1 piece per day</b>	Volume of 1 piece of fruit per day, measured by 1cupped handful. NO BANANA (is the only fruit to avoid)
<b>Vegetables</b>  <b>Unlimited</b>  <b>Raw or cooked</b>  <b>Eat them whole, do not blend into a vitamised soup consistency</b>	Alfalfa sprouts, Asparagus , Bean Sprouts Bok Choy, Broccoli, Brussels sprouts Cabbage, Capsicum, Carrots, Cauliflower Celery, Cucumber, Eggplant, Green Beans Konjac Noodles (Slendier/Slim Pasta range) Lettuce, Leeks, Mushrooms, Onions Radish Shallots, Silver Beet, Snow Peas Spinach Squash, Tomatoes, Watercress Zucchini
<b>Sauces, condiments and herbs and spices</b>	Lemon juice, vinegar, Worcestershire sauce, soy sauce (in moderation) chili, mustard, tomato paste Stock cubes, bonox (in moderation), commercial or home made All fresh or dried herbs and spices are permitted
<b>Miscellaneous</b>	Unsweetened lollies or gum, diet jelly, diet soft drink

