



**UROLOGY CARE**  
WELLINGTON

## **OPTIFAST PRE-OPERATIVE DIET**

Optifast (very low calorie diet) has been recommended for you in order to assist with weight loss prior to your surgery. Patients with large amounts of intra-abdominal fat have an increased likelihood of complications which can include;

- 1) Obstruction to the surgeon's view
- 2) Increased time to complete the operation
- 3) Increased risk of a deep vein thrombosis or a pulmonary embolism (clot in the lungs)
- 4) Breathing difficulties or subsequent chest infection
- 5) Difficulty with practical procedures such as taking blood or even placement of an Intra-venous catheter
- 6) Increased doses of anaesthetic needed
- 7) Possibility of increased length of hospital stay
- 8) Reduction in function and mobility in the post-operative phase of your recovery

Very low calorie diets (VLCD) are designed to provide only small quantities of calories for your body to use. This means that your body will start to use stored fat in order to get the extra energy that it requires, this will in turn lead to loss of weight as your body consumes more calories than you are providing in your diet. Weight loss on the Optifast diet can be as much as 2-3 kilo's in the first week, after this weight loss slows and 1-2 kilograms per week can be expected

thereafter. However men tend to lose weight faster than women due to a greater muscle mass – and therefore can expect a weight loss of around 6-9 kilograms per month with women losing closer to 4-6 kilograms. Women may find that weight loss slows the week prior to their period due to hormonal water retention. This is normal and weight loss will continue after this passes.

The VLCD meal replacements used prior to surgery are nutritionally balanced to provide you with the recommended daily intake of all vitamins and minerals your body needs. They also contain quality protein and necessary fatty acids for good health. This will ensure you get all the nutrition you need as you lose weight.

Optifast is contra-indicated for:

- women who are pregnant
- women who are breastfeeding
- Children and adolescents
- Patients with porphyria
- Patients who have had a recent cardiac event
- Those who have unstable angina
- Liver or Kidney failure
- Type 1 diabetes

Precautions should be taken in those;

- Over the age of 65 years
- Individuals with a history of alcohol abuse
- Individuals with a history of drug abuse
- Individuals with a history of gout, gall stones or pancreatitis

- Type 2 diabetics – needs to have blood sugar levels carefully monitored by diabetic nurse or GP whilst on this diet.

Optifast offers a variety of products – these include different flavoured shakes, soups, bars and desserts. These can be easily found via the internet or at your local chemist.

### DIETARY REQUIREMENTS

We require that you have three meals a day to ensure that you are eating a well-balanced diet whilst still ensuring that you can lose weight safely. This method entails:

Breakfast	Optifast Meal Replacement
Lunch	Optifast Meal Replacement
Dinner	This meal will need to comprise of one portion of protein (100-150g) and can be obtained from chicken, red meat, seafood, two eggs or beans (baked beans/chickpeas/red kidney beans)

This may be accompanied with a selection of non-starch based vegetables such as;

Asparagus	Artichoke	Beans	Sprouts
Brussel sprouts	Lettuce	Onion	Zucchini

Capsicum	Cauliflower	Eggplant	Spinach
Cabbage	Mushrooms	String beans	Cucumber
Tomato	Celery	Broccoli	Raw carrots

These may be eaten raw or steamed apart from carrots. There is no limit to the amount of vegetables from this list that you may consume. You may use condiments such as pepper, salt chilli, coriander, mint, basil, chives, garlic, beef/vegetable or chicken stock or soy sauce. However butter, oil, dressings and sauces such as tomato and sweet chilli should be avoided.

Foods to avoid are starch based vegetables such as;

Potatoes	Cooked carrots	Pumpkin	Turnip
Kumara	Corn	Lima beans	Green beans
Canned beetroot	Taro	Yams	avocado

Carbohydrate loaded food – such as bread/pasta and rice, dairy products, alcohol, canned vegetables – including sugar as an ingredient and fruit should be avoided also.

### [WHAT IS THE 3 DAY CHALLENGE?](#)

With any major dietary change the first few days on the Optifast program can be very difficult and challenging – as your body transitions into ketosis you may notice some

transient side effects such as fatigue, hunger, lack of concentration, nausea and headaches. Typically only mild ketosis occurs during this program and most symptoms will have passed by days 4-6.

### **SOME MEAL IDEAS ARE AS FOLLOWS;**

- Chicken breast poached in fresh tomato juice with a serving of free vegetables.
- Fish wrapped in tin foil with lemon and herbs and a serving of free vegetables.
- Stew – made with fresh tomatoes, basil and 100-150gms red meat and a serving of free vegetables.
- Soup made with 100-150gms serving of meat or lentils, stock and free vegetables.
- 100-150gm serve of lamb, beef or chicken covered with seasoning such as herbs or Cajun served with salad and free vegetables and balsamic vinegar.
- Stir-fry without noodles or rice
- See web page - <http://www.vegetarian.org.nz/recipes>  
(You may have to adjust these recipes to make them fit in with the allowed free vegetables)

### **FLUID INTAKE**

It is very important to ensure you keep your fluid intake up by drinking 1-1.5 litres (6-8 glasses) of water per day. A high

intake of water will help you to maintain hydration and minimise any side effects of your alteration in diet. Tea and coffee are acceptable also, provided that if you have milk that you only use a small quantity of low fat milk and an artificial sweetener – Not sugar.

## CONSTIPATION

Any change in your diet may cause your bowel habits to alter also. Infrequent bowel motions which are easy to pass and remain soft with no discomfort are nothing to be concerned about however if the stool becomes hard to pass and causes pain then you may be constipated – if so try drinking alpine tea or Benefiber (both of these products are available at your supermarket).

## TIPS

- In between meals you may have diet or zero labelled soft drink or vegetables if you are hungry.
- You may have sugar free lollies or chewing gum throughout the day.
- Try delaying your meals slightly so that you can remain fuller for longer.

## INSTRUCTIONS FOR OPTIFAST

Shakes: Add one sachet of powder to 200ml of chilled water in a shaker and mix well.

Soups: Add sachet of powder to 200ml of hot tap water (not boiling), mix well and then add another 50ml of boiling water until it is made up to one cup of soup.

Bars: One bar equals one meal.

### OPTIFAST STOCKISTS

- Yourchemist.co.nz
- [www.pharmacydirect.co.nz](http://www.pharmacydirect.co.nz)
- [www.lifepharmacy.co.nz](http://www.lifepharmacy.co.nz)

**This is a selection of some stockists online however, if you were to contact your local chemist they may be able to get some in for you or have it in stock currently.**

### POINTS TO REMEMBER:

- If you are diabetic please ensure you are involving your GP or diabetes nurse specialist so that your medication can be altered if necessary as you lose weight.