

Optifast Pre-Surgery Meal Replacement

1) Optifast is to be started on Day ___ prior to surgery.

a) 5 b) 6 c) 8 d) 7

2) A clear liquid diet will be followed the day before surgery. All of the following are clear liquids except:

- a) Milk
- b) Jell-O with no fruit or topping
- c) Low sodium broth
- d) 100% real fruit juice such as apple or grape juice

3) If doing only Optifast products the week before surgery, how many total products would a woman need per day?

a) 7 per day b) 8 per day c) 6 per day

4) How many Optifast products does a woman need if she chooses to do Optifast plus a Lean and Green Meal?

a) 6 per day b) 7 per day c) 5 per day

5) If doing only Optifast products the week before surgery, how many total products would a man need per day?

a) 7 per day b) 8 per day c) 6 per day

6) How many Optifast products does a man need if he chooses to do Optifast plus a Lean and Green Meal?

a) 6 per day b) 7 per day c) 5 per day

7) If a diabetic patient blood sugar should go low, they should do the following:

- a) Add another product in addition to the ones they are taking
- b) Treat low blood sugar
- c) Ensure they are taking a product every 2 to 3 hours
- d) All of the above

8) Which of the following low calorie foods may be consumed in addition to the Optifast products?

- a) Sugar-free candy or mints (No more than 20 calories per day)
- b) Low-Sodium Bouillon or broth
- c) Sugar free Jell-O or sugar free popsicles
- d) All the above