

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?**

____ 7 per day ____ 8 per day ____ 6 per day

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

____ 6 per day ____ 7 per day ____ 5 per day

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

____ 7 per day ____ 8 per day ____ 6 per day

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

____ 6 per day ____ 7 per day ____ 5 per day

- 7) **If a diabetic patient blood sugar should go low, they should add another product in addition to the ones they are taking**
 - 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 of the above