

TW- Bariatric Surgery Clinic
Optifast® and Medi Meal® Information Sheet

You will be on Medi Meal® or Optifast® for up to _____ weeks before your surgery.
Start drinking Medi Meal or Optifast: _____

Important

- Do not drink any Medi Meal® or Optifast® on the day of your surgery
- Renal patients are only prescribed Optifast®

What are Medi Meal® and Optifast®?

Medi Meal® and Optifast® are low calorie nutritional supplements. They have all of the vitamins and minerals your body needs to keep you nourished before your surgery. This type of diet also helps to shrink your liver which makes the surgery easier to do and safer for you.

What can I eat while on Medi Meal® or Optifast®?

You will be drinking four (4) packages of Medi Meal® or Optifast® each day
Do not eat any food or have drinks with calories while on Medi Meal® or Optifast®.

Here is a list of items you can have while on Medi Meal® or Optifast®:

- Water
- Black coffee (No milk, sugar, or cream)
- Black or herbal tea with no sugar added (For example: mint or chamomile)
- Chicken, beef or vegetable broth (less than 10kcal/serving)
- Sugar-free or calorie-free drinks (For example: diet iced tea or Crystal Light®)
- Sugar-free JELL-O®
- Sugar- free gum

How do I prepare Medi Meal® or Optifast®?

Try to drink Medi Meal® at meal times (breakfast, lunch, dinner) and save the fourth package to have as a snack.

To prepare Medi Meal® or Optifast®:

1. Mix one package of powder with 8-16oz (1 to 2 cups) of water
2. Shake or stir and serve
3. You may serve over ice or blend with ice to chill

You may add calorie-free flavorings to your Medi Meal® or Optifast® such as:

- Crystal Light®, coffee, flavour extracts (For example: peppermint, coconut, or banana), sugar-free JELL-O® powder, or pure cocoa powder.

Once Medi Meal® is mixed, it can be kept outside of the refrigerator for up to 4 hours or in the refrigerator for up to 24 hours (1 day).

Are there any side effects from drinking Medi Meal ® or Optifast ®?

Possible side effect	Solution
Diarrhea and constipation	Add one teaspoon of Benefibre® to each package of Medi Meal® or Optifast ®
Constipation	Take two (2) Senokot® tablets at bedtime for up to 5 days. Stop taking Senokot® if you experience diarrhea or stomach cramping.
Bad breath	Chew sugar free gum

Medi Meal® Pricing

Number of weeks	Price
1 - (4 boxes)	\$90.74
2 - (8 boxes)	\$163.40
3 - (12 boxes)	\$238.32
4 - (16 boxes)	\$317.56

Optifast® Pricing

Number of weeks	Price
2	\$175.00
3	\$262.50
4	\$350.00
5	\$437.50
6	\$525.00

Questions or concerns?

Call to speak with one of our TWH Bariatric Dietitians at 416-603-5800 ext. 6145