

**Heritage Physician Group
Weight Management Center
501-767-6200**

CONTRAINDICATIONS TO AN 800 CALORIE DIET

Patients will not be admitted into the OPTIFAST Program if they have had:

- Recent myocardial infarction (3-6 months)
- History of cerebral vascular accident (stroke)
- Diabetes mellitus with a history of severe ketoacidosis
- Chronic use of steroids, greater than 20mg daily
- Bleeding peptic ulcer (unless there is radiological evidence of healing 6 months prior to entry)
- A psychiatric history that includes suicide attempts
- Active thrombophlebitis (or any other condition where decreased blood volume would put the patient at risk)

In addition, the program will not accept patients who are pregnant, and will remove patients from active treatment at the first suspicion of pregnancy.

RELATIVE CONTRAINDICATIONS TO THE 800 CALORIE DIET

Patients with the following conditions may be appropriate for the OPTIFAST 800 Program, based on the physician's judgement:

- History of transient ischemic attack
- History of thrombophlebitis
- Patients on lithium carbonate
- Occupational hazards (any job requiring a person to be alert at all times, e.g., surgeons, pilots, bus drivers, truck drivers, window washers)
- History of liver or kidney disease
- Use of drugs with potent gastrointestinal side effects, e.g., alkabutazolidin.

PATIENTS WITH PSYCHIATRIC HISTORY

All patients taking psychotropic drugs will require a letter from their psychiatrist, as well as the primary care physician. Patients on certain drugs may require extra monitoring and blood tests.

The guidelines should be followed:

- The patient's personal psychiatrist should agree to his or her participation in the program.
- Psychiatric condition should be stable, i.e., not in crisis.
- Patient should be familiar and comfortable with side effects of psychotropic medication.