

How to use NuvoVi



NuvoVi Instructions

Your surgeon/clinic will have told you how long to take NuvoVi before your surgery. This depends on your personal treatment.

How do I make NuvoVi?

- Mix 1 packet with at least 300ml (1 1/4 cups) of COLD water. You can add ice cubes if you like. Shake well or use a blender.
- Make sure you have 4 NuvoVi shakes each day. Do not drink less than 4 NuvoVi shakes a day as this can result in muscle loss and poor healing after surgery.
- Drink at least 2 literes (8 cups) of fluid each day including the NuvoVi amounts.

When should I take NuvoVi?

Everyone's meal routine is different. Try to follow the same meal pattern you have now.

TIP: Have a shake every 3-4 hours.

Example 1:



Shake at 8am
(Breakfast)



Shake at 12am
(Lunch)



Shake at 4pm
(Dinner)



Shake at 8pm
(Snack)

Example 2:



Shake at 6am
(Breakfast)



1/2 Shake at 9am
(Snack)



Shake at 12pm
(Lunch)



1/2 Shake at 3pm
(Snack)



Shake at 6pm
(Dinner)

What else can I take with NuvoVi?

Drink sugar-free, calorie-free beverages that are non-carbonated, including:

- Water (add some fresh lemon or lime)
- Decaf coffee or tea (Limit milk or artificial sweetener to 60 mL (1/4 cup) per day)
- Sugar-free water flavourings (Crystal Light® or Mio®)
- Chicken, beef or vegetable broth or bouillon: 175 to 250 ml (1/2 to 1 cup) per day
- Sugar-free jello (limit to one serving per day)
- Popsicles made from Crystal Light® or Mio®

You can also have up to 500ml (2 cups) a day of the following vegetables:

• Green pepper	• Spinach
• Broccoli	• Celery
• Cauliflower	• Cabbage
• Lettuce	• Cucumber

You can use a small amount (1 tablespoon or 15 ml) of calorie-free dressing with vegetables if you like.

Can I add anything to change the flavour?

You may add any of the following to NuvoVi to change the flavour:

- Decaf coffee (brewed or instant coffee)
- Sugar-free syrups or flavour extracts such as mint, berry, maple, vanilla or banana
- Zero-calorie drinks such as Crystal Light® or Mio®
- Decaf Chai Tea

What should I do if I have diabetes?

If you need help adjusting your diabetes medications while on NuvoVi, please call your family doctor or your bariatric center.

What if I have constipation or diarrhea while taking NuvoVi?

Sometimes, people have constipation or diarrhea while taking NuvoVi. This can be caused by low fibre found in the product. Be sure to have up to 500 mL (2 cups) of vegetables listed above.

If you have constipation, increase your fluids up to 3 liters (12 cups) each day. You can also try using a fibre supplement such as Benefibre® or Metamucil® inulin or powdered psyllium. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose. If you still have constipation, you can also use medications for constipation such as colace, senekot or milk of magnesia.

If you have diarrhea, it is still important to drink at least 3 liters (12 cups) of total fluids a day. Using a fibre supplement such as Benefibre® or Metamucil® inulin or powdered psyllium can also help with diarrhea. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose.

For more information:

Contact your bariatric weight management center.

Visit www.nuvovi.com

