

DIABETIC CONSIDERATIONS WHILE ON ROBARD

- Please contact your Primary Care Doctor or Endocrinologist prior to starting ROBARD. You will more than likely need adjustment of your medications.
- During the time you are on the ROBARD program, it is imperative that you monitor your blood sugars very closely. You may notice that your blood sugars will fluctuate while on ROBARD. Please check your blood sugar several times a day. If you notice any of the following symptoms, please stop your insulin or other diabetic medications and call your Primary Care Doctor or Endocrinologist right away. If your symptoms are severe, go directly to the Emergency Department.
- Possible Symptoms of Low Blood Sugar:
(Symptoms usually occur with blood sugar levels <60mg/dl)
 - Behavioral changes
 - Confusion
 - Anxiety
 - Excessive sweating
 - Tremors
 - Palpitations
 - Tingling/numbness
 - Pale Skin
 - Hunger



PRE-OPERATIVE ROBARD®

The ROBARD® diet is mandatory protocol for the two weeks prior to surgery, as required by CHRIS, and does not have any substitutions. The number of daily servings given to you is based on your Body Mass Index (BMI) to make up for your normal caloric intake.

Pre-operative ROBARD® products are non-returnable and non-exchangeable for other store items. You are only required to purchase the exact number of servings you will need for those 14 days (unless otherwise stated by your surgeon), thus you should not have any ROBARD® left over. If you are unsatisfied with a specific flavor, you may exchange it for a flavor you prefer better. Should you have any problems purchasing your ROBARD® due to financial stress, we will be more than happy to work with you to accommodate your needs so as to not delay your surgery.

We appreciate your understanding regarding this matter.

Sincerely,

Natalia Co

Natalia Co
Program Manager

I have read, understood and hereby agree to the above:

Signature

Date



Name: _____ DOB: _____

Robard® Pre-Surgical Weight Loss Diet Protocol

BMI	# Daily Servings
<45	4
>45	5

Please notify staff if you are lactose-intolerant or diabetic

Robard servings include (You may have up to 1 bar AND 1 soup daily):

Product	Calories	Protein	Carbs	Fiber
Shakes	200 Cal	27 grams	10 grams	n/a
Soups				
Puddings				
Bars	160 Cal	15 grams	18 grams	5 grams

Powders are to be mixed with water only.

Drink additional clear liquids between servings to reach a goal of 64 fluid ounces (8 cups) every day. Clear liquids include:

- Water
- Soup broth
- Crystal Light
- Sugar-free Jell-o
- Sugar-free popsicles

For questions or concerns, please contact Natasha at nstewart@chrias.com or Natalia at nco@chrias.com.

To learn more about Robard®, visit their website at <http://www.robard.com/products/>