

Waller Wellness Center - HCG Diet Program: Patient Information

Applicants will need to fill out a Health History Form and send it in. You will be contacted by the nurse or nutritionist who will ask some screening questions and decide if you require a consultation with our physicians.

If you have significant chronic diseases, or are on multiple medications you will need a 30 minute “HCG consultation visit” with the physician first before you can enroll in the program. This will help us evaluate the best way to monitor you during the program and make recommendations to your primary care physician about reducing your medications if needed.

After your screening consultation is approved, we will be ready to set up your initial appointment. Payment of \$795 must be made before the initial visit can be scheduled. A lab slip will be sent to you, and must be completed 1 -2 weeks before the first visit. Please be advised that: **No refunds will be given once payment is taken, and any services (BIA testing or visits) that are not used when they are scheduled will be forfeited.** Consider this carefully before you make your decision. Full commitment helps ensure your success!

Initial Visit (Week “0”):

During this visit you will meet with a Nutritionist/Registered Dietician. The visit will be about an hour long. During that time you will be instructed on the diet, have a Bio-impedance analysis (BIA) body composition test done, have your hCG reconstituted and be taught how to do your injections. Your questions will be answered and your 1st three weekly appointments with the nutritionist will be set up. You will receive your supplies which will include a vial of hCG & 40 syringes (which will last for the entire course), a Patient Instruction Booklet / Weight Loss Log, and lab slips to be done at the end of weeks 3 & 6. (The hCG must be kept refrigerated and is good for 40 days after reconstitution – write the date on it).

Follow-up Visits (Weeks 1 – 6):

Once a week you will meet with the nutritionist, weigh-in, bring your weight loss log, and any questions you may have. You will have a BIA every two weeks (Weeks 2, 4 & 6) to make sure you are losing fat and not muscle. At the end of Weeks 3 and 6 you will have labs done and any abnormal results will be reviewed by the physician. If there are any abnormalities requiring attention, you will be contacted with instructions. At the end of week 5 you will be instructed on a Dysglycemia (low carb) diet, which you will need to follow for the 3 weeks after the HCG diet (Weeks 7-9). At the end of Week 6 you will be instructed on the FLT diet which will be your “Maintenance” diet, to be followed from Week 10-12 (or forever more if you are done with your weight loss)

Transition/Maintenance Visits- (Week 10-12 and beyond):

The FLT diet is a maintenance eating plan, designed to keep insulin levels low and help maintain your healthy new weight. (If you plan to do another course of hCG you must be on this diet for at least 3 weeks first.) After the HCG diet we strongly recommend that you continue seeing the nutritionist to help you practice this new way of eating. As with any new skill, reinforcement helps you stay on track, and helps prevent relapse into “old habits”. Research shows that it takes 60-90 days to solidify a new habit. Transition/Maintenance Visits are not covered in the initial program fee. They are \$50 per visit.

The cost for a 2nd course of hCG is \$495. It will not include the nurse visit or the FLT diet instruction (because you will already have learned those things). The BIA's will be done at week 3 & 6, and the nutritionist visits will be every 3 weeks (week 0, 3 & 6). Labs will be at 3 & 6 weeks – at the physician's discretion only. You must have completed an **entire** 1st HCG Course to be eligible for a 2nd.

If you are on multiple medications and have chronic diseases such as diabetes or high blood pressure, you must see your regular physician at least monthly during the diet to monitor your conditions and adjust your medications. Failure to do so may increase your risk of adverse reactions, such as low blood sugar or hypotension (low blood pressure).

The only supplies you will need to purchase are alcohol wipes, cotton balls or gauze pads and band-aids. If you lose your patient information booklet, there is a \$7.50 fee for another.