

Further Phase 1 & 2 information and what to do and how to seek support if you feel unwell in Phase 1

This information is additional to the Christmas survival guide for participants in Phases 1 & 2 of the NHS Type 2 Diabetes Path to Remission Programme (T2DR).

Phase 1 information

This guidance complements the dedicated Christmas material also available on the website. As you'll likely be aware, the Christmas period is a busy time with lots of distractions and can result in a shortage of healthcare professionals available to talk to.

There is a table of common TDR side effects and some advice on what may be useful for each at the end of this document.

Please note this is not medical advice.

Jokers: P102-3. You can record the date and reason you used your *Joker*, for example:

- Date - 25/12/2025
- Reason - Christmas dinner

Christmas is a common time to use *Jokers*. However, many participants complete the programme without the use of any *Joker* cards.

Eating does damage your overall chances of success and therefore remission, so if you're playing a *Joker*, keep this in mind to help you limit the food you do eat.

Phase 2 information

Phase 2 structure (Sessions 9-12)

- P70. This shows a clear visual structure of the first two phases.

Balanced Meal Plate

- P74-5

Portion control & How to build a plate

- P76 –86

1. What should I do if I feel unwell during Phase 1?

If you feel unwell, please follow these steps:

- **Check you're following the prescribed diet correctly:** This includes consuming 4 TDR products per day, drinking 2.5 litres of fluids daily (minimum), and taking 7 grams of fibre supplement.
- **Monitor your symptoms:** Note the frequency and severity of your symptoms. Are they mild or severe? Do they persist or improve over time?

- **Determine if symptoms are typical for you:** Consider whether these symptoms are normal for you or if they're unusual and concerning.

If you're not following the prescription correctly, please adjust to meet the guidelines. Adequate fluid and fibre intake are crucial for your health, safety and success.

2. When should I seek medical advice?

If you're adhering to the prescription but still feel unwell, you should contact your GP for advice.

If you can't get an appointment with your GP, you can:

- Call 111 for non-emergency medical advice
- Visit a walk-in centre for medical assistance.

3. What if my symptoms are severe?

If your symptoms are severe, persistent, or worsening, do not delay in seeking medical attention. You may need to visit an urgent care centre or, in an emergency, call 999.

4. Why are fluid and fibre intake so important?

Adequate hydration (2.5 litres of fluids per day) and fibre intake (7 grams daily) are essential components of the programme. They help prevent common issues such as dehydration, constipation, and other digestive discomforts. Missing these hydration and fibre targets can contribute to feeling unwell.

5. What if I find it difficult to follow the prescription during the Christmas period?

The holiday season can present challenges, but consistency is vital for your health and progress. Here are some tips:

- Plan your products and fluid intake in advance
- When you're going to be away from home, take more products than you think you'll need with you, just to make sure you don't run out
- Set reminders to drink water throughout the day
- Keep your fibre supplement in an obvious location to help ensure daily use.

6. Who can I contact for support during the holiday period?

While the programme support team may have limited availability during the Christmas period, you can:

- Use your High Performance Toolkit

- Reread relevant parts of your programme resources – these are there to help and support you. Digital participants can review your app content and in-person participants can revisit their *Workbooks*
- Refer to this FAQ for guidance.
- Support@momentanewcastle.com will be monitored over the festive period.
- Seek advice from healthcare services such as walk-in centres or NHS 111 if needed.

Your measurements

When taking your measurements over the festive period, it's important to know what they mean. Please see the guidance below on what to do if you take a reading that is within the ranges outlined below for Blood glucose and Blood pressure.

Blood Glucose >20

- You should repeat the reading.
- If it is still 20 or above, you should contact your GP for a review.

Blood pressure

When taking your blood pressure readings please ensure you have the correct posture, and you're relaxed. If you feel flustered or stressed take some deep breaths and recompose yourself before retaking the reading.

Low blood Pressure < 89/59 (Diastolic and / or Systolic blood pressure)

- You should repeat the reading.
- If it is still <89/59 or below you should contact your GP

High blood pressure > 180/120 (Diastolic and / or Systolic blood pressure).

- You should repeat the reading.
- If it is still >180/120 or above, you should contact your GP.

First weeks of TDR over Christmas? Possible side-effects and what might help

As you may have read, with this 800-calorie diet being more intensive than some other weight loss diets, it's possible that you may experience side effects particularly at the beginning of the programme as your body adjusts.

Not everyone will experience them but it's important to know what they are, how you can reduce the likelihood of some of them occurring, and what you can do if they do.

Possible side effect of TDR Products	What might help?
<p>Constipation. This is the most common side effect.</p> <p>It's normal to open your bowels less frequently during TDR. But if you have difficulty passing a stool or have not opened your bowels for several days, you may be constipated</p>	<ul style="list-style-type: none"> - Make sure you're drinking enough fluid: 2.5 litres (about 4 ½ pints) per day, spread throughout the day - Gentle physical activity (walking) - Take your fibre supplement correctly - 1 x level teaspoon 3 x a day. - This = 7-8grams per day.
<p>Increased sensitivity to cold A result of less body fat, and therefore less insulation</p>	<ul style="list-style-type: none"> - Wrap up warmly - Have warming drinks like tea / coffee - Try meal replacement soups instead of shakes. - If you usually put ice in your shakes, try without.
<p>Dizziness This may be related to a sudden and normal fall in blood pressure when you stand up or get up quickly, or during / after exercise. Dizziness is more likely if you're taking prescribed medications.</p>	<ul style="list-style-type: none"> - Take your time when standing up - Sit or lie down if you feel dizzy - Try a tablespoon of Bovril or 2 teaspoons of Bouillon in a cup of hot water twice a day
<p>Tiredness This is unusual. Most people report an increase in wellbeing and energy levels after about 2 weeks</p>	<ul style="list-style-type: none"> - Avoid strenuous activity in the first 2 weeks - Go to bed when you need to!
<p>Irritability You may find you're more irritable than usual in the early stages of TDR. It might be more noticeable to your friends and family than to yourself.</p>	<ul style="list-style-type: none"> - Let others know this may happen so they understand the reasons
<p>Nausea or Diarrhoea</p>	<ul style="list-style-type: none"> - Try diluting the TDR products with more water or splitting them into two smaller portions instead of having a whole product at once.

<p>Headaches</p> <p>These may occur due to fluid and electrolyte shifts when you began TDR. Headaches can also be associated with reductions in caffeine intake</p>	<ul style="list-style-type: none"> - Make sure you're having the recommended amount of fluid. - Use over the counter painkillers if required and you know it's safe to do so. - Have a tablespoon of Bovril or 2 tablespoons of Boullion in a cup of hot water
<p>Hunger</p> <p>This usually wears off after the first few days. Your body is just getting used to surviving on fewer calories than normal.</p> <p>It's not dangerous and not something that needs to be avoided. If it persists learning to sit with it until your next shake is helpful skill to develop</p>	<ul style="list-style-type: none"> - Drink a pint of water, sparking water can be helpful - Try adjusting the timing of your TDR product to avoid long gaps - Chew some sugar free gum - Keep busy to take your mind off food. Go for a walk or do some jobs around the house that you keep putting off. - Try to recognise the difference between true hunger (stomach hunger) and food cravings (mind hunger) - Ask others in the household to not cook delicious smelling meals