Your Pre-Surgery Nutrition Plan

Your doctor has recommended a schedule of specialized Ensure® drinks to help your body prepare for—and recover from—surgery.

Drink Ensure® Pre-Surgery (as indicated below).

**Drink 1 bottle on the day of your surgery**

Finish bottle 1 hour before you are supposed to arrive to the hospital.

**Drink 1 bottle 1 hour before your scheduled arrival time to the hospital for your surgery.**

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What is Ensure Pre-Surgery clear carbohydrate drink, and what does it do?

Surgery creates unique nutrition needs for your body. Ensure Pre-Surgery is formulated for those needs with carbohydrates and antioxidants to help your body recover after surgery.

Why is this drink important?

Your healthcare provider has recommended this specialized Ensure® nutrition drink to help your body prepare for, and recover from, surgery. It’s important that you follow your doctor’s nutrition recommendations to help with recovery.

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**Pre-surgery carbohydrate-loading drinks have been shown to help recovery**:

- Reduced nausea, vomiting after surgery
- Reduced insulin resistance
- Reduced time in the hospital

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Important:

Confirm with your doctor when to stop eating and drinking before surgery.

Notes: Consume 1 bottle Ensure Pre-Surgery 3 hours prior to your surgery’s scheduled start time (which should be approximately 1 hour prior to arrival time at hospital)

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References:

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Undergoing surgery is a lot like running a marathon. During both, your body requires proper training and nutrition in the weeks and days before and after for the best recovery. Here’s what you can do to get ready:

For the average healthy adult, surgery can mean:

**INCREASED ENERGY NEEDS**
Your body burns a lot of energy during and after surgery. Fuel up by increasing your calories from complete, nutrient-packed foods.

**MAJOR WORKOUT**
You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race.1 “Carb-loading” before surgery can keep you from getting depleted.

**MUSCLE LOSS**
After you burn through carbs or protein stores, your body begins breaking down muscle for energy. This can decrease strength and delay recovery. Protect your muscles by eating protein-rich foods and exercising before and after surgery*.

**LOWERED IMMUNITY**
Surgical stress can weaken your immune system. Use immunonutrition, such as oral nutrition supplements including 18 grams of protein, arginine and omega-3 fatty acids to support immune health and recovery.1

**INSULIN RESISTANCE**
Insulin resistance is common after surgery and can cause complications. Drinking a clear, complex carbohydrate-rich drink two hours before surgery can help reduce insulin resistance.

**UNINTENDED WEIGHT LOSS**
After surgery, some people have nausea and don’t want to eat or drink, which can lead to weight loss. Talk to your doctor and consider a nutrition supplement such as Ensure.

The effect may be greater if you are at risk of malnutrition.

**DID YOU KNOW?**
In older adults, 3 days of bed rest can result in a loss of up to 10 percent of total leg muscle.2 Eat right and get moving after your procedure to help with recovery.

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*Check with your doctor before starting new exercise programs or nutritional supplements.