

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
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.

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.

**PRE-SURGERY
CARBOHYDRATE-
LOADING DRINKS
HAVE BEEN SHOWN
TO HELP RECOVERY*:**



Reduced nausea, vomiting after surgery^{1,2}



Reduced insulin resistance³



Reduced time in the hospital⁴

* Among doctors who recommend liquid nutritional products to their patients.

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)

FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP YOU RECOVER

Ensure[®]



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.
"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.

1. Wischmeyer PE, et al. *Anesth Analg*. 2018; doi:10.1213/cc02743. Epub 2018 Jan 23. 2. Paddon-Jones D. Presented at the 100th Abbott Nutrition Research Conference. June 2009. Columbus, OH.

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