

# 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
CARBOHYDRATELOADING DRINKS
HAVE BEEN SHOWN
TO HELP RECOVERY\*:



Reduced nausea, vomiting after surgery<sup>1,2</sup>



Reduced insulin resistance<sup>3</sup>



Reduced time in the hospital<sup>4</sup>

\* 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:

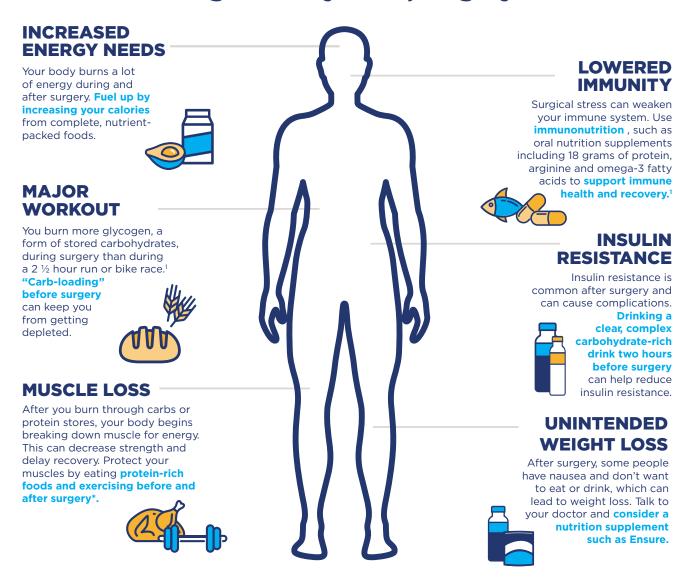
### **HOW NUTRITION CAN HELP YOU RECOVER**





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:



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**.<sup>2</sup> Eat right and get moving after your procedure to help with recovery.

