

Ensure Brand Pre-Surgery Clear Carbohydrate Drink

Your body burns a lot of energy during surgery. Healthy eating in the weeks and days before your surgery will help your body prepare for the best recovery.

Your surgeon has given you three bottles of **Ensure Pre Surgery Clear Carbohydrate** to drink before your surgery. This handout will explain when you should drink them.

The drink contains extra carbohydrates which can help to improve your recovery after surgery.

This drink can:

- Help you to feel less thirsty and hungry when you are fasting before surgery
- Reduce nausea and vomiting after surgery
- Help to shorten the length of your stay in the hospital
- Help you have better blood sugar control after surgery
- Help to reduce the chance of complications during and after surgery
- Help with faster wound healing

A nurse will call you the business day before your surgery. The nurse will review these instructions. If you have questions, be sure to get them answered during this call.

- If you are diabetic, you should not drink this.
- The drinks can be kept in the refrigerator or poured over ice.
- This drink is gluten-free, and safe for people with lactose intolerance
- Halal
- Kosher

The night before surgery:

- Drink one full bottle with dinner
- Drink one full bottle before bed

The Morning of Surgery:

Surgery Time: _____ **Finish drinking beverage by:** _____

- Drink 1 full bottle (10 oz.)
- Drink the whole bottle within 5-10 minutes.
- The morning of the surgery **it is very important** that you drink the bottle **more than 4 hours before your scheduled surgery time.**
 - For example: If the surgery time is 10 am. The beverage should be completely finished no later than 6 am. Don't eat or drink anything after 6 am.