



## Ensure® 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.

You have been given 3 bottles of Ensure Pre Surgery Clear Carbohydrate to drink before your surgery. This drink has extra carbohydrates which can help to improve your recovery after surgery.

**Do not** drink these if you have diabetes, are on a liver shrink diet, are allergic to strawberries, or are having gastric sleeve, gastric bypass, or bilio pancreatic diversion surgery.

### Instructions:

- A nurse will call you the business day before your surgery to go over these instructions. Be sure to ask any questions you may have during this call.
- The Night Before Your Surgery:
  - Drink 1 full bottle (10 oz.) with your dinner
  - Drink 1 full bottle (10 oz.) before bedtime
- The Morning of Your Surgery:
  - It is very important that you drink 1 full bottle (10 oz.) more than 2 hours before your scheduled arrival time. For example: If your surgery arrival time is 10 a.m., you should finish drinking the beverage no later than 8 a.m. Do not eat or drink anything after 8 a.m.
  - My surgery arrival time is: \_\_\_\_\_
  - I should finish drinking the beverage by: \_\_\_\_\_
- Drink the whole bottle within 5 to 10 minutes.
- Many people find the drink is best when kept in the refrigerator or poured over ice.
- This drink is gluten-free and safe for people with lactose intolerance.
- This drink is Kosher and Halal.

### 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 your wound(s) heal more quickly