

# Ensure® Pre-Surgery Clear Carbohydrate Drink

BETTER RECOVERY *AFTER* SURGERY STARTS WITH BETTER NUTRITION *BEFORE* SURGERY

**PRE-SURGERY CARBOHYDRATE-LOADING 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>



## 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.

## When should I drink Ensure Pre-Surgery?

Your doctor recommends:

### NIGHT BEFORE SURGERY:

Drink  
**2 bottles**



### DAY OF SURGERY:

Drink **1 bottle**  
as directed—up to  
**2 hours** before surgery

This should be consumed  
quickly (in less than 5 minutes,  
rather than sipped over time)



### Important:

Confirm with your doctor or healthcare team when to stop eating and drinking prior to surgery. Use the space below for notes.

### **Product Availability:**

1. Irvine Medical Center Pharmacy – 16300 Sand Canyon Drive Suite 101, Irvine 92618  
Business Hours M-F 9:00am – 6:00pm – (949)-453-9789
2. Amazon.com – Search Ensure Pre-Surgery
3. AbbottStore.com – Search Ensure Pre-Surgery

\*Studies conducted using similar nutrients as Ensure Pre-Surgery

# FUELING UP FOR SURGERY:

## HOW NUTRITION CAN HELP YOU RECOVER

Ensure<sup>®</sup>



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**.<sup>1</sup>



#### 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**.<sup>2</sup> 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.