## **Ensure® Pre-Surgery Clear Carbohydrate Drink**

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

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>



# 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:





#### ■ DAY OF SURGERY:



#### **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:

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

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

# FUELING UP FOR SURGERY:

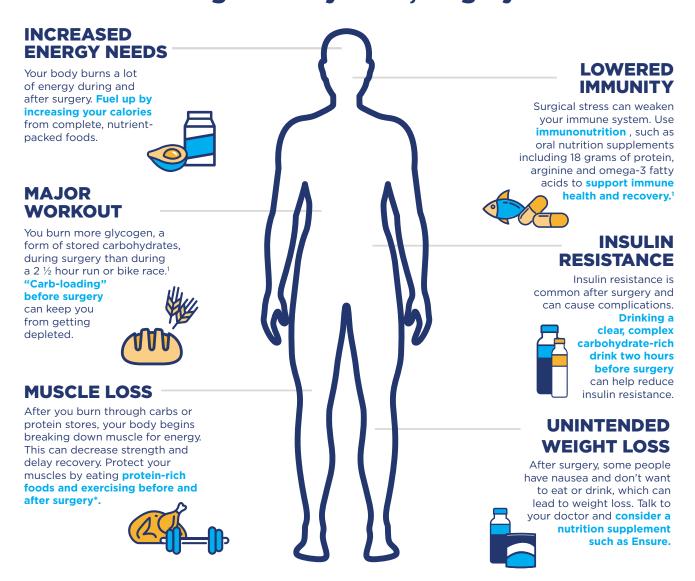
#### **HOW NUTRITION CAN HELP YOU RECOVER**





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.

