

PATIENT NUTRITION OPTIMIZATION BEFORE SURGERY



Did you know?

- Research shows that drinking carbohydrate drinks before surgery improves the recovery process. Drinking carbohydrates is used to reduce hunger and thirst and assist your body's healing process.
- Good nutrition before surgery can improve your recovery and impact surgical incision healing.
- Carbohydrates are important in helping to reduce your body's stress response after surgery.
- Your surgery **will not** be cancelled if you choose not to consume all three drinks. However, we **highly** recommend you do, to help with healing after surgery.

Recommendation 1 - Preferred	Recommendation 2
Ensure Pre-Surgery Clear Carbohydrate Drink	No Sugar Added White Grape Juice
What does the drink contain? <ul style="list-style-type: none"> • Carbohydrates, antioxidants, and vitamins • Gluten-free, fat-free, lactose free, kosher, and Halal safe • Each drink is 10 ounces of fluid. • Drink 3 bottles per informational handout. 	What does the drink contain? <ul style="list-style-type: none"> • Carbohydrates and vitamins • Gluten-free, fat-free, kosher • Each drink is 12 ounces of fluid. • Drink 12 ounces at 3 different times per informational handout.
Where to Obtain Drink: <ol style="list-style-type: none"> 1. Trinity Health Oakland Outpatient Pharmacy <ul style="list-style-type: none"> ➢ Located in Hospital Gift Shop ➢ Hours of Operation: 7a-7p (Mon – Sat) ➢ 248-858-3059 ➢ May buy individually at \$2/bottle 2. Henry Ford Hospital Affiliated Pharmacy <ul style="list-style-type: none"> ➢ May buy individually 3. www.amazon.com (pack of 4) 4. www.walmart.com (pack of 4) 	Where to Obtain Drink: <ol style="list-style-type: none"> 1. Local Grocery Store 2. Target 3. Walmart <ul style="list-style-type: none"> ➢ May be store brand if it's no sugar added white grape juice (no substitutions)

** Do not drink if insulin dependent diabetic**