

# Carbohydrate Loading Before Surgery

Good nutrition before surgery can help you recover more quickly and reduce complications



Your healthcare team has prescribed **Ensure Pre-Surgery Clear Nutrition Drink** for carbohydrate loading before surgery. Undergoing surgery is a lot like running a marathon. Ensure Pre-Surgery Clear carbohydrate loading drink is specially designed for pre-surgical carbohydrate loading to fuel up for surgery using complex carbohydrates. The drink can be thickened if you require thickened fluids.

Benefits of carbohydrate loading before surgery include:

- Reduced hunger, thirst and anxiousness before surgery
- Reduced insulin resistance after surgery
- Reduced nausea and vomiting after surgery
- Reduced overall length of hospital stay

**Please note** Ensure Pre-Surgery Clear Drink is **not** to be taken if you have Type 1 Diabetes. If you have Type 2 Diabetes, see instruction section below specific to Type 2 Diabetes\*.

## Instructions

### *Night Before Surgery*

- Drink two (2) **bottles** before midnight

### *Morning of Surgery*

- Drink one (1) **bottle** in the car on the way to hospital, finish bottle in 10 minutes

## \*Instructions for Patients with Type 2 Diabetes

### *Night Before Surgery*

- Drink one (1) **bottle** before midnight

### *Morning of Surgery*

- Drink one (1) **bottle** 3 hours before surgery, finish bottle in 10 minutes