

Nutrition Plan to Prepare Your Body for Surgery

Studies show that eating and drinking certain types of foods before and after your surgery may make your recovery easier. Eating high-protein and high-carbohydrate foods in the few weeks before surgery can help give your body the fuel it needs to heal after surgery. Immunonutrition drinks add special types of amino acids (the building blocks of proteins) that may improve your healing. Carbohydrate drinks right before surgery also help provide the energy your body needs while you are asleep during surgery.

Following this nutrition plan may also help you by:

- Making you feel less thirsty and hungry before and after your surgery
- Improving your blood glucose (blood sugar) control after surgery
- Helping your intestines return to normal function more quickly after surgery
- Possibly allowing you to have a shorter hospital stay

A 4-step nutrition plan

Your physicians recommend you follow this 4-step nutrition plan starting 2 to 4 weeks before your surgery. We will describe each step in this brochure.

Step 1: Healthy diet	
Eat a high-protein, high-carbohydrate diet	Starting 2 to 4 weeks before surgery
Step 2: Immunonutrition drinks before surgery (Ensure® Surgery Immunonutrition Shake or IMPACT Advanced Recovery® Drink)	
Drink 1 bottle 2 times a day	Starting 7 days before surgery
Step 3: Carbohydrate drinks before surgery (Ensure Pre-Surgery Clear Carbohydrate Drink or ClearFast Pre-Op®)	
Drink 2 bottles the night before surgery	
Drink 1 bottle 2 to 3 hours before surgery	Within the 24 hours before surgery
Step 4: Immunonutrition drinks after surgery (Ensure Surgery Immunonutrition Shake or IMPACT Advanced Recovery Drink)	
Drink 1 bottle 2 times a day	After surgery for 1 week

Other pre-operative diet instructions

Your surgeon will give you specific instructions about what to eat and drink the day and hours before your surgery.

You may drink clear liquids such as water, plain tea or coffee (no milk or creamer), clear broth, Gatorade®, soda, or apple juice up to 2 hours before you arrive for surgery.

If you have diabetes, be sure to talk with your surgeon about the right nutrition plan for you.

Step 1: Healthy diet

Eat a high-protein, high-carbohydrate diet starting 2 to 4 weeks before your surgery.

Protein is a nutrient needed for normal growth, wound healing and fighting infections. If you are not eating enough protein, it will be harder for your skin to heal. It is also important to eat a balanced diet with healthy food choices and enough calories to meet your needs. Remember to:

- Eat enough protein to help repair and build new skin tissue after surgery.
- Eat enough calories to prevent protein from being used as energy instead of for tissue building.
- Eat enough calories and protein to reach and maintain your goal weight.

Healthy diet tips

- You do not always have to eat 3 large meals. You may prefer to eat smaller meals more often. Try eating 6 times a day or every 2 to 3 hours.
- Stay well hydrated with water, unsweetened drinks, 100% fruit juice or milk.
- If you have other health problems such as diabetes, high blood pressure or kidney disease, follow your physician's advice about special diet restrictions.
- If you choose, follow the sample 7-day meal plan at the end of this brochure. It will give you high-protein and high-calorie meal ideas.

Protein-rich snack ideas

Snacks are a great way to increase protein in your diet. Here are some healthy snack ideas:

- Nuts
- Trail mix
- Greek yogurt
- Hard-boiled egg
- Cheese and crackers
- Edamame (soybeans)
- Almond butter and apple slices
- Hummus with fresh vegetables
- Cottage cheese and fresh fruit
- Turkey and cheese tortilla roll-up
- Peanut butter sandwich
- Nut butter and sliced banana on a rice cake

Step 2: Immunonutrition drinks before surgery

Starting 7 days before your surgery date, drink 1 bottle of an immunonutrition drink 2 times a day for a total of 14 drinks. You will drink the last 2 drinks on the day before your surgery.

We recommend choosing 1 of these drinks:

- Ensure Surgery Immunonutrition Shake
- IMPACT Advanced Recovery Drink

Step 3: Carbohydrate drinks before surgery

The night before your surgery, drink 2 bottles of the carbohydrate drink. On the day of your surgery, 2 to 3 hours before you arrive at the hospital, drink 1 bottle of the carbohydrate drink.

We recommend choosing 1 of the following drinks:

- Ensure Pre-Surgery Clear Carbohydrate Drink
- ClearFast Pre-Op

Step 4: Immunonutrition drinks after surgery

Starting right after your surgery, drink 1 bottle of an immunonutrition drink 2 times a day for 7 days for a total of 14 drinks.

You will start these drinks while you are recovering in the hospital. Depending on when you are discharged from the hospital, you will likely need to complete your post-operative immunonutrition drinks at home.

We recommend choosing 1 of these drinks:

- Ensure Surgery Immunonutrition Shake
- IMPACT Advanced Recovery Drink

More information about the drinks

- Your healthcare team will give you a full supply of the immunonutrition drinks (Ensure Surgery Immunonutrition Shake or IMPACT Advanced Recovery Drink) and carbohydrate drinks (Ensure Pre-Surgery Clear Carbohydrate Drink or ClearFast Pre-Op) that you will need. You do not need to purchase these drinks.
- Patients with allergies should be mindful of the drink ingredients. For example, the strawberry-flavored drink contains natural strawberry. For more information about the products, go to the websites.
 - Ensure Surgery Immunonutrition Shake: [ensure.com/nutrition-products/ensure-surgery](https://www.ensure.com/nutrition-products/ensure-surgery)
 - IMPACT Advanced Recovery Drink: [preparedforsurgery.com](https://www.preparedforsurgery.com)
 - Ensure Pre-Surgery Clear Carbohydrate Drink: [ensure.com/nutrition-products/ensure-pre-surgery](https://www.ensure.com/nutrition-products/ensure-pre-surgery)
 - ClearFast Pre-Op: [drinkclearfast.com](https://www.drinkclearfast.com)
- For the immunonutrition drinks *only*, add a few ingredients and mix in a blender for a little variety. Recipes for delicious shakes and smoothies using your immunonutrition drinks can be found at these websites:
 - [preparedforsurgery.com/recipes](https://www.preparedforsurgery.com/recipes)
 - [ensure.com/recipes/drinks-smoothies](https://www.ensure.com/recipes/drinks-smoothies)

Do not use these recipes for the carbohydrate drinks.

If you have any questions or concerns, ask your physician.

Sample 7-day high-calorie and high-protein meal plan

Each meal is between 400 and 600 calories.

Breakfast	Lunch	Dinner
Day 1		
1 cup cereal 1 cup whole milk 1 fruit 8 ounces 100% fruit juice	4 ounces chicken breast 2 slices whole-grain bread 1/3 avocado 2 slices tomato 1 cup whole milk	1 cup turkey chili 2 ounces corn bread 8 ounces 100% fruit juice
Day 2		
2 slices whole-grain bread 2 tablespoons nut butter 1 banana 1 cup whole milk	4 ounces tuna in oil 1 slice whole-grain bread 1 side salad: 1 cup lettuce, 1/4 cup each of tomato, cucumber, carrots and mushrooms 1 tablespoon salad dressing 12 ounces water	4 ounces steak 1/2 cup cooked vegetable 1 baked potato 1 tablespoon sour cream 1 teaspoon butter 12 ounces water
Day 3		
3 eggs scrambled with 1 ounce cheese, 1/2 cup spinach and 1/2 cup diced tomato 1 slice whole-grain bread 1 teaspoon butter 12 ounces water	Macaroni and cheese: 1 cup cooked pasta and 2 ounces cheese 1 cup cooked vegetable 8 ounces 100% fruit juice	4 ounces grilled salmon 1 cup brown rice 1 cup cooked vegetable 12 ounces water
Day 4		
6 ounces Greek yogurt 1 small fruit 8 ounces juice	1 slice pizza with meat 1 side salad: 1 cup lettuce, 1/4 cup each of tomato, cucumber, carrots and mushrooms 1 tablespoon salad dressing 8 ounces 100% fruit juice	Spaghetti with meatballs: 1 cup pasta, 3 ounces meatballs and 1/2 cup tomato sauce 12 ounces water

Breakfast	Lunch	Dinner
Day 5		
3 eggs scrambled with 2 ounces cheese 1 slice whole-grain bread 12 ounces water	1 (4-ounce) bagel 4 ounces cottage cheese 1 fruit 1 cup whole milk	Burrito: 1 flour tortilla, 4 ounces chicken, 2 ounces cheese and 1/4 cup each of tomato, brown rice, beans Salsa 12 ounces water
Day 6		
2 slices French toast 1 cup fruit 12 ounces water	2 slices whole-grain bread 4 ounces sliced turkey 1/3 avocado 2 slices tomato 8 ounces 100% fruit juice	1 (4-ounce) hamburger on bun 1 side salad: 1 cup lettuce, 1/4 cup each of tomato, cucumber, carrots and mushrooms 1 tablespoon salad dressing 8 ounces 100% fruit juice
Day 7		
Breakfast burrito: 2 eggs, 1 ounce cheese, 1 flour tortilla, 1/2 cup spinach and 1/2 cup diced tomato 12 ounces water	1 (4-ounce) bagel 2 tablespoons hummus 1/2 avocado 2 slices tomato 1/4 cup bean sprouts 8 ounces 100% fruit juice	4 ounces grilled chicken 1 cup brown rice 1 cup cooked vegetable 8 ounces 100% fruit juice