

Surgical Nutrition Instructions

Specialized Ensure® drinks to help your body prepare for—and recover from—surgery.

If your doctor has recommended these drinks for you. You will receive a kit from Abbott in the mail containing:

- Ensure Surgery Immunonutrition Shake = 20 cartons
- Ensure Pre-Surgery, Clear Carbohydrate Drink = 3 white plastic bottles

Note—If you did not receive the above kit, please let the nurse know at your Pre-Assessment appointment. A full kit will be mailed to you to be consumed after you are discharged home. The nurse will give you the following:

- Ensure Pre-Surgery, Clear Carbohydrate Drink = 3 white plastic bottles.
- Drink the clear carbohydrate drinks as directed below **beginning at step 2.**

Step 1 - Five Days Before Surgery = 10 Cartons

Drink 2 whole cartons of Ensure Surgery Immunonutrition Shake throughout the day with meals and snacks.

- Drink no more than one carton at a time.
- Store opened cartons in the refrigerator.



ENSURE SURGERY
IMMUNONUTRITION SHAKE

Step 2 – Night Before Surgery = 2 Bottles

Drink 2 whole bottles of the clear Ensure Pre-surgery drink.

- Do not eat or drink anything – except for the **clear** Pre- surgery drinks.
- Store opened cartons in the refrigerator.



ENSURE PRE-SURGERY

Step 3 – Day of Surgery = 1 Bottle

Drink 1 whole bottle of the clear Ensure Pre-surgery drink.

- Do not eat or drink anything – except for the **clear** Pre- surgery drink.
- Drink the last bottle of **clear** Pre- surgery drink



ENSURE PRE-SURGERY

Step 4- After you are Discharge Home = Finish the remaining Cartons

Drink 2 whole cartons of the product(s) throughout the day with meals and snacks.

- Drink no more than one carton at a time.
- Store opened cartons in the refrigerator.



**ENSURE SURGERY
IMMUNONUTRITION SHAKE**

If you have any questions call and leave a message at 818-409-8235.