



My Surgical Nutrition Plan

Your doctor has recommended this specialized Ensure® Surgery immunonutrition shake to help your body prepare for—and recover from—surgery.

Starting 5 days prior to surgery, drink 2 cartons of Ensure® Surgery immunonutrition shake per day for 5 days. You should drink your last carton between 2-6PM the afternoon before surgery.

USE PRODUCTS AS RECOMMENDED BY YOUR HEALTHCARE PROVIDER

- Shake well. Best served chilled.
- Drink no more than one carton at a time.
- Once opened, reclose, refrigerate, and use within 48 hours.
- If consumed directly from the container, cover, refrigerate, and use within 24 hours.
- Use the schedule below to keep track of each shake you consume.

BEFORE SURGERY

START DATE: _____ FINISH DATE: _____



= 1 Carton

Day	Date	CARTON 1	CARTON 2
1		<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>



My Surgical Nutrition Plan

Your doctor has recommended this specialized Ensure® Surgery immunonutrition shake to help your body prepare for—and recover from—surgery.

Starting on the morning after surgery you will drink 2 cartons of Ensure® Surgery immunonutrition shake per day for 5 days (or until you are out of shakes). While you are in the hospital, we will provide the shakes to you.

USE PRODUCTS AS RECOMMENDED BY YOUR HEALTHCARE PROVIDER

- Shake well. Best served chilled.
- Drink no more than one carton at a time.
- Once opened, reclose, refrigerate, and use within 48 hours.
- If consumed directly from the container, cover, refrigerate, and use within 24 hours.
- Use the schedule below to keep track of each shake you consume.

AFTER SURGERY

START DATE: _____ FINISH DATE: _____



= 1 Carton

Day	Date	CARTON 1	CARTON 2
1		<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>

Ensure[®] Surgery Immunonutrition Shake

BETTER RECOVERY FROM SURGERY BEGINS WITH BETTER NUTRITION

**IMMUNE-SUPPORTING
NUTRITION SHAKES
HAVE BEEN SHOWN TO
HELP PATIENT RECOVERY*:**



Reduced surgical wound complications¹



Reduced infections^{2,3}



Reduced time in the hospital^{1,3,4}



What is Ensure Surgery shake, and what does it do?

Ensure Surgery is a nutrition shake containing protein, arginine, and fish oil to help your body recover after surgery.

Why is this shake important?

Surgery creates unique nutrition needs that may not be met through a normal, balanced diet alone. Your doctor has recommended this specialized Ensure Surgery immunonutrition shake to help your body prepare for—and recover from—surgery.

How should I drink Ensure Surgery shakes?

It's important that you follow your doctor's nutrition recommendations. Drinking the recommended number of shakes before and/or after surgery will help you meet your nutrition needs for recovery. Unless otherwise instructed by your healthcare team, you should also continue to eat meals as you normally would.

Patients with diabetes should consult their healthcare provider about changes to their meal plans when drinking Ensure Surgery shake.

For a delicious smoothie, mix Ensure Surgery shake in a blender with these ingredients and enjoy:



BANANA SMOOTHIE

- 1 8-fl-oz chilled Ensure[®] Surgery shake
- 1 small ripe banana
- ¼ tsp vanilla extract

Calories: 420, **Total Fat:** 9 g,
Carbohydrates: 68 g, **Sugars:** 31 g,
Protein: 19 g



PB&J SMOOTHIE

- 1 8-fl-oz chilled Ensure[®] Surgery shake
- ½ frozen banana
- 1 tbsp chunky natural peanut butter
- 1 tbsp strawberry jelly

Calories: 530, **Total Fat:** 17 g,
Carbohydrates: 69 g, **Sugars:** 39 g,
Protein: 24 g



KEY LIME FROST SMOOTHIE

- 1 8-fl-oz chilled Ensure[®] Surgery shake
- ¼ cup fresh or bottled key lime juice
- ½ cup peeled and diced Granny Smith apple
- ½ cup ice
- 2 tsp granulated sugar (or 2 packages of sugar substitute used for baking)

Calories: 400, **Total Fat:** 9 g,
Carbohydrates: 62 g, **Sugars:** 34 g,
Protein: 18 g

* Studies conducted using formulas containing similar nutrients as Ensure Surgery. Be sure to follow the nutrition program recommended by your doctor.

FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP YOU RECOVER

Ensure[®]



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:

INCREASED ENERGY NEEDS

Your body burns a lot of energy during and after surgery. **Fuel up by increasing your calories** from complete, nutrient-packed foods.



MAJOR WORKOUT

You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race.
“Carb-loading” before surgery can keep you from getting depleted.



MUSCLE LOSS

After you burn through carbs or protein stores, your body begins breaking down muscle for energy. This can decrease strength and delay recovery. Protect your muscles by eating **protein-rich foods and exercising before and after surgery***.



LOWERED IMMUNITY

Surgical stress can weaken your immune system. Use **immunonutrition**, such as oral nutrition supplements including 18 grams of protein, arginine and omega-3 fatty acids to **support immune health and recovery.**¹



INSULIN RESISTANCE

Insulin resistance is common after surgery and can cause complications.

Drinking a clear, complex carbohydrate-rich drink two hours before surgery can help reduce insulin resistance.



UNINTENDED WEIGHT LOSS

After surgery, some people have nausea and don't want to eat or drink, which can lead to weight loss. Talk to your doctor and **consider a nutrition supplement such as Ensure.**



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.**² Eat right and get moving after your procedure to help with recovery.

1. Wischmeyer PE, et al. *Anesth Analg*. 2018; doi:10.1213/cc02743. Epub 2018 Jan 23. 2. Paddon-Jones D. Presented at the 100th Abbott Nutrition Research Conference. June 2009. Columbus, OH.

*Check with your doctor before starting new exercise programs or nutritional supplements.