

FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP TO SUPPORT RECOVERY

Ensure®



Undergoing surgery is a lot like running a marathon. For both, your body **requires proper nutrition** in the weeks and days before and after for the best recovery.

An adult undergoing surgery may experience:¹⁻³



**INFLAMMATION
AND LOWERED
IMMUNITY**



**ELEVATED
BLOOD SUGAR**



**INCREASED
PROTEIN AND
ENERGY NEEDS**



**UNINTENDED
WEIGHT LOSS**



**LOSS OF
MUSCLE, MUSCLE
STRENGTH AND
DELAYED WOUND
HEALING**

Perioperative Nutrition and its associated benefits may include:^{4,5}



**IMMUNONUTRITION
WITH ARGININE AND
OMEGA-3 FATTY
ACIDS**

- Help reduce risk of post-surgical complications and hospital length of stay⁶



**CARBOHYDRATE-
LOADING BEFORE
SURGERY WITH
A COMPLEX
CARBOHYDRATE DRINK**

- Help with feelings of hunger and thirst before surgery⁷
- Help reduce nausea and vomiting after surgery⁷



**ORAL NUTRITIONAL
SUPPLEMENTS TO MEET
PROTEIN AND ENERGY
GOALS**

- Help support healing and recovery⁸
- Help maintain body weight⁸



**TARGETED AMINO
ACIDS, VITAMINS, AND
ANTIOXIDANTS**

- Help support surgical wound healing⁹

Check with your doctor before starting nutritional supplements.

References: 1. Gillis C and Carli F. *Anesthesiology*. 2015; 123(6):1455-1472. 2. Finney CC, et al. *JPEN J Parenter Enteral Nutr*. 2013;37(5S):21S-29S. 3. Lobo DN, et al. *Clin Nutr*. 2020;39(11):3211-3227. 4. McClave SA, et al. *JPEN J Parenter Enteral Nutr*. 2016;40(2):159-211. 5. Wischmeyer PE, et al. *Anesth Analg*. 2018;126(6):1883-1895. 6. Marano L, et al. *Ann Surg Oncol*. 2013;20(12):3912-3918. 7. Rizvanovic N, et al. *Int J Colorectal Dis*. 2019;34(9):1551-1561. 8. Page F. Oral nutritional supplements to tackle malnutrition: a summary of the evidence base. Brussels, Belgium: Medical Nutrition International Industry;2012:92-105. 9. Demling RH. *Eplasty* 2009; 9:e9

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Your healthcare provider suggests the following schedule:

BEFORE SURGERY

1



Ensure® Surgery: an immunonutrition shake specially designed to support immune health and recovery from surgery

☐ yes ☐ no

___ shake, ___ times per day, for ___ days.

DATE(S):

2



Ensure® Pre-Surgery: A clear, complex carbohydrate drink specially designed to improve patient outcomes

☐ yes ☐ no

___ bottle(s) the night before surgery, within fasting window.

Consume drink within ___ minutes.

DATE:

DAY OF SURGERY

3



Ensure® Pre-Surgery: A clear, complex carbohydrate drink specially designed to improve patient outcomes

☐ yes ☐ no

___ bottle up to ___ hours before surgery.

Consume drink within ___ minutes.

DATE:

TIME:

AFTER SURGERY

4



Ensure® Surgery: an immunonutrition shake specially designed to support immune health and recovery from surgery

☐ yes ☐ no

___ shake, ___ times per day, for ___ days.

DATE(S):

5



For maintaining body weight and rebuilding muscle and strength

Ensure Enlive®: Advanced nutrition with an All-in-One blend, including protein and HMB for muscle health. Excellent source of omega-3 fatty acid (ALA) to support heart health.

☐ yes ☐ no

___ shakes per day, for ___ days.

DATE(S):

OR



For wound healing

Juven®: A unique blend of arginine, glutamine, protein and HMB to support collagen formation and lean body mass needed for wound healing.^{1,2}

☐ yes ☐ no

___ packets per day, for ___ days.

DATE(S):

Purchase here: **amazon** or at **AbbottStore.com**

Use under medical supervision

References: 1. Williams JZ et al. *Ann Surg.* 2002;3:369-75. 2. Demling RH. *Eplasty* 2009; 9:e9.

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