



PATIENT NUTRITION OPTIMIZATION BEFORE SURGERY



Did you know?

- Research shows that drinking carbohydrate drinks before surgery improves the recovery process. Drinking carbohydrates is used to reduce hunger and thirst and assist your body's healing process.
- Good nutrition before surgery can improve your recovery and impact surgical incision healing.
- Carbohydrates are important in helping to reduce your body's stress response after surgery.
- Your surgery **will not** be cancelled if you choose not to consume all three drinks. However, we **highly** recommend you do, to help with healing after surgery.

Recommendation 1 - Preferred	Recommendation 2
Ensure Pre-Surgery Clear Carbohydrate Drink	No Sugar Added White Grape Juice
What does the drink contain? <ul style="list-style-type: none"> Carbohydrates, antioxidants, and vitamins Gluten-free, fat-free, lactose free, kosher, and Halal safe Each drink is 10 ounces of fluid. Drink 3 bottles per informational handout. 	What does the drink contain? <ul style="list-style-type: none"> Carbohydrates and vitamins Gluten-free, fat-free, kosher Each drink is 12 ounces of fluid. Drink 12 ounces at 3 different times per informational handout.
Where to Obtain Drink: <ol style="list-style-type: none"> Trinity Health Oakland Outpatient Pharmacy <ul style="list-style-type: none"> ➤ Located in Hospital Gift Shop ➤ Hours of Operation: 7a-7p (Mon – Sat) ➤ 248-858-3059 ➤ May buy individually at \$2/bottle Henry Ford Hospital Affiliated Pharmacy <ul style="list-style-type: none"> ➤ May buy individually www.amazon.com (pack of 4) www.walmart.com (pack of 4) 	Where to Obtain Drink: <ol style="list-style-type: none"> Local Grocery Store Target Walmart <ul style="list-style-type: none"> ➤ May be store brand if it's no sugar added white grape juice (no substitutions)
	

**** Do not drink if insulin dependent diabetic****