

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.

For the average adult, surgery can mean:¹⁻³



**INFLAMMATION
AND LOWERED
IMMUNITY**



**DEPLETED GLYCOGEN
STORES AND
ELEVATED BLOOD
SUGAR**



**INCREASED
PROTEIN AND
ENERGY NEEDS**



**UNINTENDED
WEIGHT LOSS**

For **optimal surgery outcomes**, current guidelines⁴⁻⁵ recommend that you:



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



**DRINK COMPLEX
CARBOHYDRATES
BEFORE SURGERY**



**MEET PROTEIN
AND ENERGY
GOALS**



**USE ORAL
NUTRITIONAL
SUPPLEMENTS**

Benefits of
**perioperative
nutrition**

- Decrease risk of hospital readmission⁶
- Support immune health and recovery from surgery⁷⁻⁹
- Improve general well-being before and after surgery¹⁰

Benefits of
**oral nutritional
supplements**

- Helps support healing and recovery⁷⁻⁹
- Maintain weight and improve strength⁷⁻⁹
- Support your immune system⁷⁻⁹

Check with your doctor before starting nutritional supplements.

References: 1. Gillis C and Carli F. *Anesthesiology*. 2015; 123(6):1455-1472. 2. Finnelly CC, et al. *JPEN J Parenter Enteral Nutr*. 2013;37(5S):21S-29S. 3. Simsek T, et al. *Ulus Cerrahi Derg*. 2014;30(3):153-159. 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. Elia M, et al. *Clin Nutr*. 2016;35(1):125-137. 7. Isenring EA, et al. *Br J Cancer*. 2004;91(3):447-452. 8. Nayel H, et al. *Nutrition*. 1992;8(1):13-18. 9. Marin Caro MM, et al. *Clin Nutr*. 2007;26(3):289-301. 10. Bilku DK, et al. *Ann R Coll Surg Engl*. 2014;96(1):15-22.

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Surgery date: _____

Time: _____

Your healthcare provider suggests the following schedule:

Before Surgery



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

yes no _____ shakes per day, for _____ days before surgery.

Notes: _____



Ensure® Pre-Surgery: A clear, complex carbohydrate beverage specially designed to help improve general well-being both before and after surgery

yes no _____ bottles night before surgery.

_____ bottles up to _____ hours before surgery.

Notes: _____

After Surgery



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

yes no _____ shakes per day, for _____ days after surgery.

Notes: _____



Ensure® Enlive®: an All-in-One blend, with 20 grams of protein, HMB, vitamins, and minerals.

yes no _____ shakes per day, for _____ days after surgery.

Notes: _____

Use under medical supervision.