

# Preoperative carbohydrate drinks - Nutricia preOp

## Patient information

This information explains what carbohydrate drinks are and how to take them before your surgery. You will be given these drinks at your pre assessment clinic visit. Please speak to your nurse if you have any questions.

## What are carbohydrate drinks - Nutricia preOp?

Nutricia preOp is a clear, still, lemon flavoured carbohydrate drink designed for patients undergoing surgery. It is suitable for vegan, vegetarian, Halal and Kosher diets and is gluten, lactose and fibre free.

## Why do I need to take Nutricia preOp?

Undergoing surgery can put a strain on your body, particularly at a time when you will be advised to not eat. Research has shown that patients who have carbohydrate drinks before their surgery feel less thirsty and hungry and drinking them may improve recovery time after surgery.

## Are there any reasons why I should NOT take Nutricia preOp?

If you have diabetes.

If you have a condition called gastroparesis (delayed gastric emptying). This is a long-term condition that means food takes longer to pass through the stomach than usual.

## How do I take Nutricia preOp?

It is recommended you take a total of six bottles of Nutricia preOp. You will be given a supply of six bottles when you attend clinic.

- Nutricia preOp can be stored at room temperature but is best served chilled.
- Shake the bottle before drinking.

The evening BEFORE your surgery:

- Drink four bottles of Nutricia preOp in addition to the guidelines on foods and fluids you are given.
- On the day of your surgery drink the remaining two bottles. These will need to be finished two hours before you are due to go to theatre.

Please contact cardiothoracic support team on **01223 638100** with any further questions.

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