

Patient Instructions for the Pre-Op And Post-Op Nutritional Phase

“Ensure Plus, Equate Plus, Equate Diabetic or Glucerna”

Ensure Plus and Equate Plus have 350 calories, 13 grams protein, and 24-26 essential nutrients and vitamins. Equate Diabetic and Glucerna has 190 calories, 10 grams protein, 138 mgs of choline, 6 grams of sugar, and 24 essential nutrients and vitamins. These are considered ideal ingredients for pre- and post-op nutritional support. (Equate Plus and Equate Diabetic are Walmart’s generic brands and are more inexpensive than the Ensure brands.)

Pre-Op and Post-OP Nutritional Phase Drinking Instructions

1. The Pre-Op Nutritional Phase

Drink one bottle of Ensure Plus, Equate Plus, or if diabetic Equate Diabetic or Glucerna nutritional support twice daily for 5 days preoperatively.

2. The Post-Op Nutritional Phase

Following surgery, drink one bottle of Ensure Plus, Equate Plus or if diabetic Equate Diabetic or Glucerna twice daily for a total of 5 days. This will be started while in the hospital, on post op day 1.

NPO/FASTING HYDRATION PHASE DRINKING INSTRUCTIONS

ClearFast can be purchased at the Food Court in Kell West Regional Hospital or if you prefer through Amazon.com

1. Drink one bottle of ClearFast at bedtime the night before surgery.
2. Drink one bottle of ClearFast upon awakening the day of surgery

Afternoon patients will also receive a third bottle of ClearFast in the pre-op area at least two hours before surgery. The afternoon ClearFast will be furnished by Kell West Regional Hospital.