

Nutrition Supplement to Improve Your Recovery After Surgery

To help improve your recovery after surgery, your doctor has ordered a nutrition supplement for you to drink before your surgery.

This high-carbohydrate drink may help you to have:

- Less nausea, hunger, thirst and/or bowel problems after surgery
- Less anxiety and depression after surgery
- A shorter hospital stay
- Decreased risk of returning to the hospital with problems after surgery
- A faster recovery and return to your normal activities

It is important to drink this nutrition supplement as ordered by your doctor.

- **Drink 1 bottle** before midnight the night before your surgery.
- **Drink 1 bottle** 2 hours before the time you are told to report for surgery.

This nutrition supplement is just as important as your other medicines and cancer treatments. You should finish drinking the nutrition supplement within 5 to 10 minutes.

If you have diabetes, and take diabetes medicine, your doctor will talk with you about how you should use this supplement drink.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.