

If you have diabetes, please tell your nurse as this product is not suitable for you to take.

Unless you have been told otherwise by your doctor, you can eat and drink normally up to 6 hours before your surgery.

You can then continue to have clear fluids to drink up to 2 hours before your surgery. Clear fluid is liquid you can see through.

### Clear fluids include:

- Water
- Clear fruit juice without pulp or seeds e.g. apple.
- Clear soups- made with stocks, oxo cubes, vegemite or marmite. (All added meat and vegetables must be strained out).
- Coffee and Tea (without milk or non-dairy whitener)
- Soft drinks provided they are not red or purple coloured.
- Clear fruit flavoured cordials/drinks - provided they are not red or purple coloured.
- Clear ice blocks- provided they are not red or purple coloured.

Nutricia preOp® is a clear lemon flavoured carbohydrate (sugar) drink designed to be taken before surgery. This drink is specially designed to give your body nourishment and help you recover from your surgery.

Research has shown that this drink improves your well-being before your surgery and will help your body recover faster after surgery.

### How do I take Nutricia preOp®?

- Nutricia preOp® is best served after being chilled in the refrigerator.
- Shake the carton of Nutricia preOp® well before drinking.
- The 2 cartons of Nutricia preOp® (total of 400ml) must be finished at least two hours before your surgery. Try to completely drink each carton within 15 minutes.
- You may need to start drinking 3 hours before your planned surgery to ensure the cartons are finished at least two hours before your surgery.

### How do I store Nutricia preOp®?

- Store the Nutricia preOp® in a cool, dry place. You may wish to chill the carton in the refrigerator before drinking.
- Once the carton has been opened, store it in the refrigerator
- Throw away any left in the carton 24 hours after it has been opened

Date of Surgery: \_\_\_\_/\_\_\_\_/\_\_\_\_

Time to take Nutricia preOp®: \_\_\_\_\_

Actual time finished Nutricia preOp®: \_\_\_\_\_