

Gynae-Oncology Pre-operative Carbohydrate Loading

Patient Information

Women's Health Service

Pre-Op is a carbohydrate drink for dietary management of patients before surgery. It is safe to drink Pre-Op up to 2 hours before your surgery.

Pre-Op contains 100kcal in every 200mLs.

Advantages of Pre-Op

There are many advantages of drinking Pre-Op before surgery. This includes:

- Decreased feeling of hunger, thirst, anxiety or nausea before surgery
- A reduced physiological stress response within the body
- Decreased risk of post-operative infections
- Reduced experience of nausea and vomiting after surgery
- Pre-Op helps to reduce insulin resistance after surgery

Directions for taking Pre-Op

You will be given 2 bottles of Pre-op drink to take home when you attend the Gynae-Oncology pre-assessment clinic appointment.

Pre-Op is a clear lemon flavoured drink and tastes best when chilled. Shake well before drinking.

If you are booked for morning surgery;

- You may eat and drink anything until 2am.
- You may drink water only until 6am on the day of your surgery
- On the day of your surgery, please finish drinking 2 bottles of 200mL Pre-Op by 6am.
- Do not drink or eat anything after 6am, this includes chewing gum, boiled lollies or smoking cigarettes

If you are booked for afternoon surgery;

- You may eat or drink anything until 6.30am. If you would like breakfast on the day of surgery please make sure you have finished eating at 6.30am.
- You may drink water only until 10.30am
- Please finish drinking 2 bottles of 200mL Pre-Op by 10.30am
- Do not drink or eat anything after 10.30am (this includes chewing gum, boiled lollies or smoking cigarettes)

Important

If you live outside Wellington and are travelling to Wellington, please remember to bring the Pre-op drinks with you.

If you are also having a bowel preparation before your surgery, please ensure that your bowel preparation is completed before you drink the Pre-op drinks.

If you have any questions or concerns please contact:

Ward 4 North

Phone: (04) 806 0881