



Pre-operative Carbohydrate Loading drinks: What you need to know

What are pre-operative drinks?

Pre-operative drinks such as Nutricia are carbohydrate drinks which provide your body with hydration and an energy boost prior to surgery. The drinks are clear, and lemon flavoured.

Pre-operative drinks must not be used if you have diabetes. There is no alternative pre-operative drink if you have diabetes.

Why take pre-operative drinks?

Research has shown that taking a pre-operative drink before surgery can help you feel better after surgery and improve your recovery.

Where will you obtain pre-operative drinks?

If you require pre-surgery drinks the nurse will inform you when you attend your pre-operative clinic appointment.

How to take pre-operative drinks

The drinks are best taken chilled and shaken before use.

It is recommended that four cartons of the pre-operative drink are taken before your operation at the times shown below

- On the day before surgery from **6pm up until midnight** drink two cartons of Nutricia PreOp.
- On the day of surgery itself drink two cartons of Nutricia PreOp until **6.30am**. This is to ensure that the cartons are finished at least two hours before surgery.

It is important that you do not drink anything less than two hours before your operation as this will lead to a delay in your surgery.

You may be offered sips of water in the admission unit prior to surgery

Contact details for further information: Telephone: 0121 424 5214

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk