

## How to Use Ensure Drinks

A protein-rich drink and a carbohydrate-rich drink can help your body heal better and lower your chances of problems after surgery, such as infection. **If you have diabetes, these instructions are not for you. Ask your surgeon which instructions you should use.**

What to drink	How to use it																		
<p><b>6 days before surgery</b></p> <p>Ensure Plus (can be purchased at most grocery stores and pharmacies)</p>	<p>Drink 1 carton 2 times a day for 5 days. Start 6 days before your surgery. Use the chart below to keep track.</p> <table border="1" data-bbox="634 846 1304 1136"> <thead> <tr> <th colspan="6" data-bbox="634 846 1304 898">✓ Check boxes to keep track of servings</th> </tr> <tr> <th data-bbox="634 898 824 1020">Days before surgery</th> <th data-bbox="824 898 919 1020">6</th> <th data-bbox="919 898 1013 1020">5</th> <th data-bbox="1013 898 1107 1020">4</th> <th data-bbox="1107 898 1201 1020">3</th> <th data-bbox="1201 898 1304 1020">2</th> </tr> </thead> <tbody> <tr> <td data-bbox="634 1020 824 1136">Servings</td> <td data-bbox="824 1020 919 1136"> <input type="checkbox"/>  <input type="checkbox"/> </td> <td data-bbox="919 1020 1013 1136"> <input type="checkbox"/>  <input type="checkbox"/> </td> <td data-bbox="1013 1020 1107 1136"> <input type="checkbox"/>  <input type="checkbox"/> </td> <td data-bbox="1107 1020 1201 1136"> <input type="checkbox"/>  <input type="checkbox"/> </td> <td data-bbox="1201 1020 1304 1136"> <input type="checkbox"/>  <input type="checkbox"/> </td> </tr> </tbody> </table>	✓ Check boxes to keep track of servings						Days before surgery	6	5	4	3	2	Servings	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
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<p><b>1 day before surgery and the day of surgery</b></p> <p>8oz of a Clear liquid carb-loading such as a full sugar sports drink (Yellow or White)</p>	<p>Drink each 8oz within 5 to 10 minutes.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 day before surgery - with dinner</li> <li><input type="checkbox"/> 1 day before surgery – at bedtime</li> <li><input type="checkbox"/> 2 hours before your surgery arrival time</li> </ul>																		