



# How to Use Ensure Surgery Drinks

The Ensure drinks 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 surgery</p> 	<p>Drink 1 carton 2 or 3 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 1182"> <tr> <td colspan="6">✓ Check boxes to keep track of servings</td> </tr> <tr> <td>Days before surgery</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> </tr> <tr> <td>Servings</td> <td><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> <td><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> <td><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> <td><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> <td><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> </tr> </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"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
✓ 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"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
<p><b>1 day before surgery and day of surgery</b></p> <p>Ensure pre-surgery</p> 	<p>Drink each bottle within 5 to 10 minutes. If you have a strawberry allergy, drink 8-10 ounces of a full-sugar sports drink instead.</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>																		
<p><b>After surgery</b></p> <p>Ensure surgery</p>	<p>Your doctor may want you to drink 1 carton of Ensure surgery 3 times a day for 5 days. If so, <b>a case of drinks will be delivered to your room.</b></p>																		