



# How to Use Ensure Surgery Drinks For Patients with Type 1 Diabetes

**Instructions for patients with Type 1 Diabetes, do not use any other instructions for the Ensure drinks that you may have.** The Ensure drinks can help your body heal better and lower your chances of problems after surgery, such as infection.

What to drink	How to use it																														
<p><b>6 days before surgery</b></p> <p>Ensure surgery</p> <div style="text-align: center;">  <p style="font-size: 2em; font-weight: bold; margin-left: 10px;">drink half</p> </div>	<p><b>Drink half a carton</b> 4 times a day for 5 days. Start 6 days before your surgery. Use the chart below to keep track. Reduce the amount of carbohydrates you eat with each meal.</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>✓ Check boxes to keep track of servings</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 15%;">Days before surgery</th> <th style="width: 10%;">6</th> <th style="width: 10%;">5</th> <th style="width: 10%;">4</th> <th style="width: 10%;">3</th> <th style="width: 10%;">2</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> </div>	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"/>		<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 day of surgery</b></p> <p>Ensure pre-surgery</p> <div style="text-align: center;">  </div>	<p>Your kit will contain these drinks but they <b>should not be used</b> if you have Type 1 Diabetes</p>																														
<p><b>After surgery</b></p> <p>Ensure surgery</p>	<p>Your doctor may want you to drink 1/2 carton of Ensure surgery <b>6 times a day for 5 days.</b> If so, <b>a case of drinks will be delivered to your room.</b></p>																														