

## FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP YOU RECOVER

Ensure



Undergoing surgery is a lot like running a marathon. During both, your body **requires proper training and nutrition** in the weeks and days before and after for the best recovery. Here's what you can do to get ready:

**For the average healthy adult, surgery can mean:**

### INCREASED ENERGY NEEDS

Your body burns a lot of energy during and after surgery. **Fuel up by increasing your calories** from complete, nutrient-packed foods.



### MAJOR WORKOUT

You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race.<sup>1</sup> **"Carb-loading" before surgery** can keep you from getting depleted.



### MUSCLE LOSS

After you burn through carbs or protein stores, your body begins breaking down muscle for energy. This can decrease strength and delay recovery. Protect your muscles by eating **protein-rich foods and exercising before and after surgery\***.



### LOWERED IMMUNITY

Surgical stress can weaken your immune system. Use **immunonutrition**, such as oral nutrition supplements including 18 grams of protein, arginine and omega-3 fatty acids to **support immune health and recovery.**<sup>1</sup>



### INSULIN RESISTANCE

Insulin resistance is common after surgery and can cause complications.

**Drinking a clear, complex carbohydrate-rich drink two hours before surgery** can help reduce insulin resistance.



### UNINTENDED WEIGHT LOSS

After surgery, some people have nausea and don't want to eat or drink, which can lead to weight loss. Talk to your doctor and **consider a nutrition supplement such as Ensure.**



**The effect may be greater if you are at risk of malnutrition.**

### DID YOU KNOW?

In older adults, **3 days of bed rest** can result in a **loss of up to 10 percent of total leg muscle.**<sup>2</sup> Eat right and get moving after your procedure to help with recovery.

The Ensure Pre-Surgery Carbohydrate Drink should be consumed quickly (in less than 5 minutes rather than sipped over time).