

Ensure® Pre-Surgery

Clear Carbohydrate Drink

ENSURE PRE-SURGERY is a clear carbohydrate beverage specially designed to improve general well-being* both before and after surgery.a) Drink 1 bottle up to 2 hours before surgery [surgery/anesthesia] or as otherwise recommended by your healthcare provider. This should be sipped over a period of 5-10 minutes.b) Drink 1 bottle up to 2 hours before surgery [surgery/anesthesia] or as otherwise recommended by your healthcare provider. Consume drink over a period of 5-10 minutes.For oral use.Use under medical supervision.

* Thirst, hunger, and anxiety before surgery and nausea and vomiting after surgery.



Features

- Ensure is the #1 doctor recommended brand.
- Has a recommended dose of carbohydrates (50 g per serving), as indicated by the American Society for Enhanced Recovery (ASER) guidelines (45 g per serving), 1,† compared to the leading sport drinks ‡, which contain an average of 18 g per serving. †
- Ensure Pre-Surgery meets the guidelines for preoperative fasting as stated by the European Society for Clinical Nutrition and Metabolism (ESPEN) Guidelines: Clinical Nutrition in Surgery 2,§
- Ensure Pre-Surgery meets the guidelines for preoperative fasting as stated by the American Society of Anesthesiologists (ASA) Practice Guidelines for Preoperative Fasting 3,¶
- A good source of the antioxidants zinc and selenium.
- Fat-free.
- Kosher.
- Halal.
- Gluten-free.
- Suitable for lactose intolerance.

1• Wischmeyer PE, et al. Anesth Analg. 2018;126(6):1883-1895.

†• Ensure Pre-Surgery has not been reviewed or endorsed by American Society for Enhanced Recovery (ASER) and Perioperative Quality Initiative (POQI).

2• Weimann A, et al. Clin Nutr. 2017;36(3):623-650.

‡• The leading regular sport drinks per Nielsen (Grocery)

3• American Society of Anesthesiologists. Anesthesiology. 2017;126(3):376-393.

§• Ensure Pre-Surgery has not been reviewed or endorsed by European Society for Clinical Nutrition and Metabolism (ESPEN).

¶• American Society of Anesthesiologists (ASA) is a registered trademark of the American Society of Anesthesiologists. Ensure Pre-Surgery has not been reviewed or endorsed by ASA.

Safety Precautions

- Not for sole-source nutrition.
- Not for IV use.

Availability

List Number Item Description

66437	Ensure Pre-Surgery Clear Carbohydrate Drink Strawberry / 10 fl oz (296 mL) Bottle / 4 x 4 ct
65044	Ensure Pre-Surgery Clear Carbohydrate Drink Strawberry / 10 fl oz (296 mL) Bottle / 12 ct

Ingredients

Strawberry Liquid: Water, Corn Maltodextrin, Fructose. Less than 0.5% of: Natural Flavor, Sodium Citrate, Citric Acid, Potassium Citrate, Sucralose, Acesulfame Potassium, Zinc Sulfate, and Sodium Selenate.

Nutrition Information

Nutrient	10 fl oz (296 mL)	
	Value	%DV
Calories	200	
Total Fat, g	0	0
Saturated Fat, g	0	
Trans Fat, g	0	
Cholesterol, mg	0	
Sodium, mg	180	8
Total Carbohydrate, g	50	18
Dietary Fiber, g	0	
Total Sugars, g	6	
Added Sugars, g	6	12
Protein, g	0	0
Vitamin D, mcg	0	
Calcium, mg	0	
Iron, mg	0	
Potassium, mg	50	
Zinc, mg		25
Selenium, mcg		20

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation

Directions for use:

Night Before Surgery: 2 bottles, before bedtime, within fasting window as recommended by your healthcare provider.

Day of Surgery: Drink 1 bottle up to 2 hours before surgery or as otherwise recommended by your healthcare provider. This should be sipped over a period of 5-10 minutes.

- Shake well. Serve cold.
- Refrigerate after opening.
- Do not freeze.