

Pre-operative Carbohydrate loading

This leaflet tells you how to boost your body's carbohydrate stores before surgery, using Nutricia preOp.

What is Nutricia preOp?

Nutricia preOp is a clear and still lemon-flavoured carbohydrate drink. It is available in 200ml bottles and is designed to boost your body's carbohydrate stores before surgery.

This will help your body cope with the stress of an operation and may also help to improve your recovery.

How to take Nutricia preOp:

You may find the drink more palatable if it is chilled.

- On the **day before** surgery, from 6pm:
drink 4 x 200ml cartons of Nutricia preOp
- On the **day of** surgery itself, up to 2 hours beforehand:
drink 2 x 200ml cartons of Nutricia preOp.

It is important that you do not drink anything less than 2 hours before your operation, as this will lead to a delay in your surgery.

Patient Advice and Liaison Service

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net