



How to Use Ensure Surgery Drinks

The Ensure drinks in your kit 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>6 days before surgery</p> <p>Ensure surgery</p> 	<p>Drink 1 carton 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 1178"> <thead> <tr> <th colspan="6">✓ Check boxes to keep track of servings</th> </tr> <tr> <th>Days before surgery</th> <th>6</th> <th>5</th> <th>4</th> <th>3</th> <th>2</th> </tr> </thead> <tbody> <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> </tbody> </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"/>
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<p>1 day before surgery and day of surgery</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 apple juice instead.</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 day before surgery - with dinner <input type="checkbox"/> 1 day before surgery – at bedtime <input type="checkbox"/> 2 hours before your surgery arrival time 																		
<p>After surgery</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, a case of drinks will be delivered to your room.</p>																		