

Product Information: Ensure® Pre-Surgery

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Pre-Surgery

Clear Carbohydrate Drink

- 1 ENSURE PRE-SURGERY is a clear carbohydrate beverage specially designed to improve general well-being* both before and after surgery.
- 1 Designed to be consumed up to 2 hours before anesthesia/surgery.
- 1 For oral use.
- 1 Use under medical supervision.
- 1 From the makers of the #1 Doctor-recommended brand, Ensure®.
- 1 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.[†]
- 1 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,§}
- 1 Ensure Pre-Surgery meets the guidelines for preoperative fasting as stated by the American Society of Anesthesiologists (ASA) Practice Guidelines for Preoperative Fasting.^{3,¶}
- 1 A good source of the antioxidants zinc and selenium.
- 1 Fat-free.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for sole-source nutrition.
- 1 Not for IV use.
- 1 Not for individuals with galactosemia.

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

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

‡ The leading regular sport drinks per Nielsen (Grocery)

§ 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.

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

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

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

Ingredients

Liquid Strawberry:

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.

Availability

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

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Nutrition Information - Liquid Strawberry

	10 fl oz (296 mL)	
	Value	%RDI / %DV*
Calories	200	
Total Fat, g	0	0
Sodium, mg	180	8
Total Carbohydrate, g	50	18
Total Sugars, g	6	
Added Sugars, g	6	12
Protein, g	0	
Selenium, mcg	11	20
Zinc, mg	3	25

Liquid Strawberry Footnotes & References

Per 10 fl oz (296 mL)

*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. Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, potassium and iron.

Preparation

Directions for use:

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

Day of Surgery: 1 bottle up to 2 hours before surgery

Instructions for Use:

- 1 Shake well. Serve cold.
- 1 Refrigerate after opening.