PREOPERATIVE IMMUNONUTRITION TO IMPROVE SURGICAL OUTCOMES

Clinician Guidelines for Using IMPACT ADVANCED RECOVERY® Drink in Patients with Diabetes

Supplementing the diet with immunonutrition before surgery helps prepare patients for the recovery process afterwards.1 IMPACT ADVANCED RECOVERY® Specialized Nutrition Drink contains a unique blend of immune-modulating nutrients clinically proven to help promote recovery after major elective surgery.2-5 Surgical patients who consumed IMPACT® formula before surgery had better outcomes, whether they were well or poorly nourished prior to surgery.3,4,6

Simple to Use

It is recommended that patients consume a total of 24 oz per day (three 8 fl oz cartons) of IMPACT ADVANCED RECOVERY® Drink during the 5 day period before surgery.2,3

IMPACT ADVANCED RECOVERY® Drink can be easily incorporated into daily meal and snack plans for patients with diabetes preparing for surgery. It’s important to first assess the type of diet being used to help the patient manage their diabetes.

- Some patients simply avoid sweets and limit portions of high carbohydrate foods (i.e. bread, potatoes, pasta, fruit). In this case, blood sugar control prior to surgery may be supported by simply spreading the consumption of IMPACT ADVANCED RECOVERY® Drink throughout the day. For example, the patient can consume 4 fl oz (½ carton) IMPACT ADVANCED RECOVERY® Drink 6 times per day (breakfast, lunch, dinner, mid-morning, mid-afternoon and evening snacks), and reduce portions of high carbohydrate foods at corresponding times.

- Other patients may use carbohydrate counting or diabetic food exchanges to manage their meal plan to assist blood sugar control. A Registered Dietitian or Certified Diabetes Educator should be consulted to modify these meal plans. Each 4 fl oz portion of IMPACT ADVANCED RECOVERY® Drink provides 170 calories of balanced nutrition and is equivalent to the following Diabetic Food Exchanges or Carbohydrate Choices:

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Diabetic Food Exchanges</th>
<th>Carbohydrate Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>170 calories</td>
<td>½ meat, ½ milk, ½ fruit, ½ starch</td>
<td>1 ½ Carb Choices</td>
</tr>
<tr>
<td>22 g carbohydrate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 g protein</td>
<td></td>
<td></td>
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<tr>
<td>5 g fat</td>
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Diabetic meal plans should be individualized according to target goals and patient needs. A patient handout, “How to Add IMPACT ADVANCED RECOVERY Drink to Your Diet for Diabetes,” is available for you to use in instructing your patients.


Please note: These are suggested guidelines based on various clinical references. They are not intended as a substitute for medical advice or existing facility protocols.

USE UNDER MEDICAL SUPERVISION.
NOT INDICATED WHEN IMMUNE SUPPRESSION IS DESIRED.

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Nutrition. The factor that can make a difference."