

Get Prepared for Surgery



Learn how immunonutrition can help get you out of the hospital faster after surgery



Nestlé Health Science



Your doctor has recommended that you drink IMPACT Advanced Recovery[®] Drink, a special immunonutrition drink that has been shown to help promote better outcomes in patients undergoing major surgery.

The ingredients used in IMPACT Advanced Recovery[®] Drink have been found to help reduce the risk of complications following surgery, including:

- Surgical wound infection
- Pneumonia
- Urinary tract infection (UTI)

Per your doctor's instructions, drinking 3 cartons per day of IMPACT Advanced Recovery[®] Drink for **5 days prior to surgery** can help get you home sooner.



Why do I need special nutrients if I am healthy prior to surgery?

Studies have shown that major surgery places special nutritional demands on the body that cannot be met through a healthy, balanced diet alone. The unique ingredients found in IMPACT Advanced Recovery® Drink have been proven to help your body recover from surgery.

How is IMPACT Advanced Recovery® Drink different from other nutritional drinks?

IMPACT Advanced Recovery® Drink is the only oral product to contain a unique combination of ingredients that includes: arginine, omega-3 fatty acids from fish oil and nucleotides at levels clinically proven to be beneficial for surgical recovery.

Are the special nutrients found in IMPACT Advanced Recovery® Drink available in foods?

Arginine, fish oil and nucleotides are found naturally in many foods. However, large quantities of these foods would need to be consumed to obtain the beneficial levels of each of these nutrients. This would be challenging without the use of IMPACT Advanced Recovery® Drink. The protocol of 3 cartons per day for 5 days prior to surgery provides the recommended amounts of these nutrients.

How does IMPACT Advanced Recovery® Drink work?

The unique nutrients found in IMPACT Advanced Recovery® Drink work together to help prepare your body for surgery.

- **Arginine:** Helps increase blood flow to your surgical wound and supports the immune system.
- **Omega-3 Fatty Acids (from fish oil):** Help to manage inflammation
- **Nucleotides:** Help to rebuild cells

The combination of these three nutrients have been clinically proven to aid in post-operative recovery and reduce the risk of non-healing wounds following major surgery.

How do I take IMPACT Advanced Recovery® Drink?

Be sure to follow the nutritional recommendations from your healthcare provider as you prepare for surgery. It is recommended that you begin your IMPACT Advanced Recovery® Drink protocol 5 days prior to your surgery. One case of IMPACT Advanced Recovery® Drink contains your full 5 day supply. In addition to your normal diet, you should consume 3 cartons per day for 5 days prior to surgery. Patients with diabetes should consult their healthcare professional to determine if any other changes to meal plans are required.



Do I need to drink all 15 cartons?

Yes, unless instructed differently by your healthcare provider. Studies have shown that 15 cartons provide the necessary amount of beneficial unique nutrients to help improve surgical outcomes.

Should I continue to drink IMPACT Advanced Recovery® Drink following my surgery?

Be sure to follow the post-operative nutrition recommendations from your healthcare provider. In clinical studies, the nutrients found in IMPACT Advanced Recovery® Drink were proven to be more beneficial at protecting patients from complications following surgery when consumed both before and after surgery. If your healthcare provider recommends continuing IMPACT Advanced Recovery® Drink following your surgery, you should consume 3 cartons per day for at least 5 additional days (15 cartons) following your surgery and you can begin as soon as you are able to eat following surgery.

**Drink 1 carton
3 times per day
for 5 days
before surgery**



CARTONS				
	Date	1	2	3
5 Days Prior				
4 Days Prior				
3 Days Prior				
2 Days Prior				
1 Day Prior				

Date of SURGERY

Total Cartons Consumed

Starting 5 days before surgery, drink 3 cartons per day (6 fl oz each), chilled or over ice. Keep this handy checklist on your refrigerator and mark the box above each time you drink IMPACT Advanced Recovery® Drink.

Make sure you have specific instructions from your healthcare provider about your diet for the day of surgery and how many hours before surgery you need to stop eating and drinking.

THIS PRODUCT IS INTENDED FOR USE UNDER MEDICAL SUPERVISION. PLEASE CONSULT YOUR HEALTH CARE PROFESSIONAL TO DETERMINE IF THIS PRODUCT IS RIGHT FOR YOU.

Try These Delicious Recipes

LEMON BLUEBERRY CREAM SMOOTHIE

Makes 1 serving (approximately 12 fl oz)

INGREDIENTS:

One 6 fl oz (178 mL) chilled
IMPACT Advanced Recovery® Drink
½ cup blueberries, fresh or frozen
(thawed and drained)
¼ cup light, nonfat blueberry yogurt
1 Tbsp lemon juice

PREPARATION:

Place all ingredients in a blender and
mix until smooth. Serve immediately.

NUTRITION PER SERVING

Calories: 280, Total Fat: 9 g, Carb: 32 g, Sugars: 25 g, Protein: 20 g



ORANGE FREEZE

Makes 1 serving (approximately 12 fl oz)

INGREDIENTS:

One 6 fl oz (178 mL) chilled
IMPACT Advanced Recovery® Drink
½ cup orange sherbet

PREPARATION

Place all ingredients in a blender and
mix until smooth. Serve immediately.

NUTRITION PER SERVING

Calories: 310, Total Fat: 9 g, Carb: 37 g, Sugars: 31 g, Protein: 19 g

STRAWBERRY BANANA SMOOTHIE

Makes 1 serving (approximately 12 fl oz)

INGREDIENTS:

One 6 fl oz (178 mL) chilled
IMPACT Advanced Recovery® Drink
½ cup sliced strawberries
½ small banana

PREPARATION:

Place all ingredients in a blender and
mix until smooth. Serve immediately.

NUTRITION PER SERVING

Calories: 280, Total Fat: 8 g, Carb: 35 g, Sugars: 24 g, Protein: 19 g



The nutrition information may vary and is for guidance purposes only.
Nutrition information for all recipes were generated using the Food Processor Nutrition Analysis Software, Ver. 10.12.0 which references the US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>.



Quick Flavoring Tips

Pour 1 carton of chilled IMPACT Advanced Recovery® Drink into a glass and add one of the following:

- 1 Tbsp of regular or sugar free chocolate, strawberry, or caramel syrup
- 2 tsp of regular or sugar free flavoring syrups (i.e. Irish cream, hazelnut, raspberry, caramel, mint) or regular or sugar free liquid coffee creamer
- 1-2 Tbsp malt powder (dissolve in a small amount of hot water before adding to IMPACT Advanced Recovery® Drink)
- 2 tsp instant coffee powder
- 1-2 Tbsp NESQUIK® Chocolate or Strawberry powder
- $\frac{1}{8}$ - $\frac{1}{4}$ tsp of your favorite flavor or blend flavors to make your own combination. Suggestions include: orange, raspberry, pineapple, cherry, maple, black walnut, cinnamon, coconut, banana, almond, or mint

Beverage recipes may be made into frozen ice pops. Simply prepare recipe as directed and pour into an ice cube tray or popsicle molds; cover and freeze until solid.

Where can I find IMPACT Advanced Recovery® Drink?

Ask your healthcare provider if they can refer you to a specific hospital location, home care company, or other resource to purchase IMPACT Advanced Recovery® Drink prior to your surgery.



Nestlé
Nutrition
Store.com

You can also order online with free ground delivery to your home by visiting: www.nestlenutritionstore.com or calling **1-888-240-2713**.

You can also ask your pharmacist about placing a special order with the information below:

Product Ordering Information	IMPACT Advanced Recovery® Drink - Vanilla
Product Code	4390099291
NDC-Format Number	43900-0992-90
Packaging	15 - 178 mL cartons/case

www.NestleHealthScience.us

1-800-422-ASK2 (2752)



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