

PRE-OP

A ready-to-drink, lemon flavoured carbohydrate drink for pre-operative dietary management of patients undergoing elective surgery.

FEATURES

- **Suitable for use as part of Enhanced Recovery After Surgery (ERAS) programs:** carbohydrate loading before surgery is recommended to improve patient outcomes including shorter length of stay and reduced post-operative insulin resistance.^{1,2}
- **Safe to use up until 2 hours prior to anaesthesia:** shortens pre-operative fasting period and improves patient wellbeing by reducing pre- and post-operative feelings of thirst, hunger and weakness.^{3,4}
- **25.2g carbohydrate/bottle (100% energy):** induces insulin release during pre-operative carbohydrate feeding which promotes anabolic state and results in reduction in post-operative insulin resistance.⁵
- **Maltodextrin polymer composition:** lower osmolality than pure glucose or other monomer solutions and contributes to increased gastric emptying rate.^{6,7}
- **100kcal/bottle (0.5kcal/ml).**
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

Indications

For pre-operative dietary management of patients undergoing elective surgery.

Important Notice

- Not suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with delayed gastric emptying.
- Not suitable for emergency surgery patients.
- Not suitable for infants under 1 year of age.
- Use with caution in young children and patients with diabetes mellitus.

Directions for Use

- Shake well before use.
- Best served chilled.
- Usage to be determined by a healthcare professional.
- **Recommended dosage:**
 - **Loading dose:** 4 x 200ml bottles the evening before surgery.
 - **Final dose:** 2 x 200ml bottles 2 hours prior to anaesthesia.

Storage

- Store in a cool, dry place.
- Once opened, store in the refrigerator.
- Discard unused content after 24 hours.

Ordering Information

To order contact Nutricia Customer Care **1800 889 480**.

preOp	Presentation	Product code	Units per carton
Lemon	200ml bottle	71500	24

Ingredients

preOp: Water, maltodextrin, fructose, potassium citrate, sodium citrate, acidity regulator (citric acid), flavouring (lemon), sweeteners (acesulfame K, sodium saccharine).

Allergen & Cultural Information

- Does not contain: wheat, egg, nuts*, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).
- Low lactose (lactose <2g/100g).



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NUTRITION INFORMATION		Per 100ml	Per 200ml
Energy	kcal	50	100
	kJ	215	430
Protein	g	0	0
Carbohydrate	g	12.6 (100% E)	25.2
Sugars	g	2.1	4.2
as Lactose	g	<0.006	<0.012
Fat	g	0	0
Fibre	g	0	0
Water	ml	92	184
Other		Per 100ml	Per 200ml
Osmolality	mOsmol/ kgH ₂ O	260	260

* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

REFERENCES 1. Weimann A, Braga M, Carli F, et al. ESPEN guideline: Clinical nutrition in surgery. *Clin Nutr.* 2017;36:623-650. 2. Ljungqvist O. Enhanced Recovery After Surgery: A Review. *JAMA Surg.* 2017;152:292-298. 3. Phillips S, Hutchinson S, et al. Preoperative drinking does not affect gastric contents. *Br J Anaesth.* 1993;70:6-9. 4. Nygren J, Thorell A. Safety and patient well-being after preoperative oral intake of carbohydrate rich beverage. *Clin Nutr.* 1996;15:30. 5. Soop M, Nygren J, Myrenfors P, et al. Preoperative oral carbohydrate treatment attenuates immediate postoperative insulin resistance. *Am J Physiol Endocrinol Metab.* 2001;280:576-583. 6. Foster C, Costill D. Gastric emptying characteristics of glucose and glucose-polymer solutions. *Res Quart.* 1980;51:299-305. 7. Sole C, Noakes T. Faster emptying for glucose-polymer and fructose solutions than for glucose in humans. *Eur J Appl Physiol.* 1989;58:183-186.

Minerals		Per 100ml	Per 200ml
Sodium	mg	50	100
	mmol	2.2	4.4
Potassium	mg	122	244
	mmol	3.1	6.2
Calcium	mg	6	12
Phosphorus	mg	1	2
Magnesium	mg	1	2
Chloride	mg	6	12
Ca:P ratio		10:1	10:1

**A food for special medical purposes;
to be used under strict medical supervision.**

For more information call the
Nutricia Careline 1800 438 500

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