

Nutrition Before Surgery

We want you to be as strong as possible for your upcoming surgery. Good nutrition before surgery can help prevent infections, heal wounds faster, shorten hospital stays and get you back to normal activity sooner.

We will invite you to a program through the Twistle app, where we will send you text messages about your nutrition. Look for the invite after your surgery is scheduled.

Please follow these recommendations from your care team:

➤ Weeks before surgery:

Eat a high-protein diet. Examples include meats (such as beef, poultry, and pork), fish, whole eggs, dairy (such as Greek yogurt, cottage cheese, and pudding), tofu, quinoa, and beans.

Drink an over-the-counter protein shake 2-3 times a day in the weeks before your surgery.

➤ 8 days before surgery:

Drink 2 immunonutrition shakes each day in the week leading up to surgery. Do NOT drink the shake the day before surgery.

Choices include: Ensure® Surgery Immunonutrition Drinks, Impact Advanced Recovery® Drink.

➤ Night before and morning of surgery:

Drink two complex carbohydrate drinks the night before surgery and one on the morning of surgery. Drink each drink within 10 minutes for the best benefit. Carbohydrate drinks are NOT recommended if you take insulin at home.

Night before surgery: Drink the first drink around 6 PM and the second around 9 PM.

Morning of surgery: Drink 50 grams (1 bottle) of the carbohydrate drink OR a 20 oz Gatorade or sports drink before you leave for the hospital.

Do **NOT** drink any protein shakes or immunonutrition shakes on the day of surgery.

Choices include: Ensure® PreSurgery Drink, Nestle Preload®, Clearfast Preop®

Ensure® Surgery & PreSurgery available at the ChristianaCare™ outpatient pharmacies.

Call ahead to
the pharmacy for
curbside pick-up!

Newark Hospital:

4755 Ogletown-Stanton Road
Newark, DE 19718
Hours: M-F 8am-8pm
Sat – Sun 9am – 5pm
302-733-2188

Wilmington Hospital:

501 West 14th Street,
Wilmington, DE 19801
Hours: M-F – 8:30am – 5pm
Closed weekends
302-320-6844



Nutrition Before Surgery Checklist

Immunonutrition Shake

(Ensure Surgery Immunonutrition or Impact Advanced Recovery Drink):

Drink 2 shakes a day starting 8 days before your surgery. Do not drink the shakes on the day before or the day of your surgery.

Days before surgery	First Shake	Second Shake
8 days	<input type="checkbox"/>	<input type="checkbox"/>
7 days	<input type="checkbox"/>	<input type="checkbox"/>
6 days	<input type="checkbox"/>	<input type="checkbox"/>
5 days	<input type="checkbox"/>	<input type="checkbox"/>
4 days	<input type="checkbox"/>	<input type="checkbox"/>
3 days	<input type="checkbox"/>	<input type="checkbox"/>
2 days	<input type="checkbox"/>	<input type="checkbox"/>

Carbohydrate Drinks

(Ensure PreSurgery, Nestle Preload, or Clearfast Preop)

On the night before surgery: drink 1 bottle around 6 pm and 1 bottle around 9 pm.

On the morning of surgery: drink 1 bottle before you leave for the hospital. Drink each bottle within a 10-minute period. If you take insulin at home, carbohydrate drinks are not recommended for you.

Night before surgery	Carb Drink
Bottle 1 (50 grams) 6 PM	<input type="checkbox"/>
Bottle 2 (50 grams) 9 PM	<input type="checkbox"/>

Morning of Surgery	Carb Drink
Bottle 1 (50 grams)	<input type="checkbox"/>