

Surgical Nutrition Instructions

Specialized drinks to help your body prepare for—and recover from—surgery.

If your doctor has recommended these drinks for you. **You will receive these products at your Pre-assessment appointment.**

- **Juven**, Therapeutic Nutrition Powder= 1 box of 30 packets
- **Ensure Pre-Surgery, Clear** Carbohydrate Drink = 3 white plastic bottles

Step 1 - Before Surgery = 1 box of 30 packets

Drink/eat Juven 2 times a day each day before surgery date

- 1 packet of **Juven** with 8-10 oz of liquid or food.



Step 2 – Night Before Surgery = 2 Bottles

Drink 2 whole bottles of the clear Ensure Pre-surgery drink.

- Do not eat or drink anything – except for the **clear** Pre- surgery drinks.
- Store opened cartons in the refrigerator.



ENSURE PRE-SURGERY

Step 3 – Day of Surgery = 1 Bottle

Drink 1 whole bottle of the clear Ensure Pre-surgery drink.

- Do not eat or drink anything – except for the **clear** Pre- surgery drink.
- Drink the last bottle of **clear** Pre- surgery drink.



ENSURE PRE-SURGERY

Step 4- After you are Discharge Home = Finish remaining packets

Drink/eat Juven 2 times a day each day before surgery date

- 1 packet of **Juven** with 8-10 oz of liquid or food.



If you have any questions call and leave a message at 818-409-8235