

Inpatient Surgery Instructions – Sutab/Impact Prep

Your surgery prep is very important. Read all instructions carefully before beginning.

<p>1 week before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Read all instructions carefully and call our office if you have any questions. <input type="checkbox"/> Purchase the following: SUTAB (bowel prep) prescription from your pharmacy Antibiotic prescription from your pharmacy One case (15 drinks) Impact Advanced Recovery One clear carbohydrate drink (Apple juice, Boost Breeze, Ensure Clear, or Gatorade Prime) Clear liquids – see clear liquid guidelines on page 2 <input type="checkbox"/> Arrange for someone to pick you up after your discharge from the hospital. <input type="checkbox"/> Adjust medications for weight loss, diabetes, or blood thinners - see the Medication Alert for a list of medications. Call our office for instructions if you are taking these medications. <input type="checkbox"/> Stop taking vitamins, fiber supplements, and herbal supplements. <input type="checkbox"/> Stop taking NSAIDs – Ibuprofen, Aleve, Voltaren, Celebrex, Toradol, Mobic, Motrin, Naproxen <input type="checkbox"/> You may take Tylenol as needed. <input type="checkbox"/> Reduce Aspirin to 81mg a day. <input type="checkbox"/> Plan to remove facial and body piercings before arriving at the hospital. Failure to do so could result in your procedure being cancelled. <input type="checkbox"/> You may receive additional instructions from the facility regarding bathing and cleaning the surgery site prior to your procedure. 				
<p>Medication Adjustments</p>	<ul style="list-style-type: none"> • Stop the following medication(s) on (date) _____. ○ _____ • You may resume the medication(s) on (date) _____. 				
<p>5 days before</p>	<ul style="list-style-type: none"> • Begin drinking 3 6oz cartons of Impact Advanced Recovery per day – see info sheet “Nutritional Drinks Before and After Surgery” included with this packet. • Confirm your ride 				
<p>1 day before</p>	<p>Start clear liquid diet when you wake up – do not eat breakfast! See below for acceptable clear liquids. Avoid red, purple, or blue liquids.</p> <p style="text-align: center;"><u>Items NOT Okay to Eat or Drink</u></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Solid foods • Bone Broth • Dairy/Milk </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Alcohol • Anything colored red or purple </td> </tr> </table> <p style="text-align: center;"><u>Items Okay to Eat or Drink</u></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Clear vegetable, chicken or beef broth/bouillon • Clear protein drinks such as Premier Protein Clear and Ensure Clear • Flavored gelatin/Jell-O without fruit • Gummy bears or hard candy • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear Juices (apple or white grape) </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Coffee or tea – no cream or milk • Water (sparkling, plain, seltzer, flavored) • Coconut water • Soft drinks • Crystal Light • Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) </td> </tr> </table>	<ul style="list-style-type: none"> • Solid foods • Bone Broth • Dairy/Milk 	<ul style="list-style-type: none"> • Alcohol • Anything colored red or purple 	<ul style="list-style-type: none"> • Clear vegetable, chicken or beef broth/bouillon • Clear protein drinks such as Premier Protein Clear and Ensure Clear • Flavored gelatin/Jell-O without fruit • Gummy bears or hard candy • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear Juices (apple or white grape) 	<ul style="list-style-type: none"> • Coffee or tea – no cream or milk • Water (sparkling, plain, seltzer, flavored) • Coconut water • Soft drinks • Crystal Light • Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert)
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<p>1 day before cont.</p>	<p>Take the antibiotics at: (stop if the first dose makes you sick)</p> <p><input type="checkbox"/> 1PM</p> <p><input type="checkbox"/> 2PM</p> <p><input type="checkbox"/> 11PM</p>
<p>6:00 PM night before surgery</p>	<p><input type="checkbox"/> START SUTAB PREP – Do not cut or crush tablets</p> <ol style="list-style-type: none"> 1. Add cool drinking water to the 16oz line on the SUTAB container. 2. Open 1 bottle of SUTAB containing 12 tablets, swallow each tablet with a sip of water. Drink the full 16oz of water and all 12 tablets over 15-20 minutes. 3. ONE hour after the last tablet, fill the 16oz container with water and slowly drink over 30 minutes. 4. Approximately 30 minutes later, drink an additional 16oz of water. <p style="text-align: center;">9:00PM Same Night</p> <p><input type="checkbox"/> Take second dose of SUTAB by repeating steps 1-4 above.</p>
<p>Remainder of the evening</p>	<p>CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS UNTIL MIDNIGHT. This is a necessary step to ensure adequate hydration and an effective prep.</p>
<p>Surgery day</p>	<ul style="list-style-type: none"> • STOP ALL FOOD OR DRINK after midnight the day of your surgery (including chewing gum, mints, hard candies, etc). • Drink one clear carbohydrate liquid at _____. Examples: 1 carton of Boost Breeze, 1 carton of Ensure Clear, 16 oz apple juice or 2 oz of Gatorade Prime • Your may take some prescribed medications (see medication alert) with the smallest sip of water. Follow instructions given to you by our office or your prescribing provider. • Wear loose, comfortable clothing. Remove all jewelry and piercings and leave valuables at home.
<p>After Surgery</p>	<ul style="list-style-type: none"> • Continue to drink 3 6oz cartons of Impact Advanced Recovery per day for 5 days. • Follow your discharge instructions from the hospital and your physician. Additional guidelines can be found in “What to Expect After Abdominal Surgery” included with this packet.

Impact Advanced Recovery Drink

Nutritional Drinks Before and After Surgery

Preparing your body to help healing

One way to help your body heal faster after surgery is to boost your nutrition.

In addition to a regular healthful diet, your surgeon may prescribe two types of drinks before your surgery. Both will improve your body's ability to heal.

Please follow these instructions carefully, as they're designed to benefit your recovery.

If you have diabetes, please see the additional instructions on the next page.

Please note: it's important to stop drinking all liquids two hours before your arrival time at the hospital in order to avoid any delays or cancellations.

Instructions:

1. Before surgery: DRINK three 6-fluid-ounce cartons of IMPACT Advanced Recovery per day for five days. This drink contains nutrients that promote recovery after surgery. To learn more, please visit Nestlehealthscience.us/brands/impact.

Beginning five days before surgery, in addition to your regular meals, drink one 6-fluid-ounce carton of IMPACT Advanced Recovery, chilled or over ice. You will drink one 6-fluid-ounce carton three times each day, after or between meals. Adjust the amount of food you normally eat (as needed) to make sure you can consume all three cartons each day. Do not drink all three cartons at one time - space the cartons throughout the day, usually after or between meals.

Stop drinking IMPACT Advanced Recovery the night before your surgery. Make sure you follow the specific instructions from your doctor about eating and drinking before surgery.

After surgery: DRINK three 6-fluid-ounce cartons of IMPACT Advanced Recovery per day for five days.

After your surgery when you are eating again, your doctor will order three cartons of IMPACT Advanced Recovery daily in the hospital for you to drink after meals. Drink three cartons a day for five days after surgery unless your doctor tells you to stop.

Flavoring ideas

In a 6-ounce glass or larger, add one of the following ingredients to a carton of IMPACT Advanced Recovery, if desired:

1/8 to 1/4 teaspoon of flavored extract, such as orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond or mint

OR
1 tablespoon of regular or sugar-free strawberry, caramel or maple syrup

OR
2 teaspoons of instant coffee powder

If you have diabetes

If you have diabetes, please note these additional instructions. **IMPACT Advanced Recovery** replaces one carbohydrate serving (one carbohydrate choice) at each meal.

IMPACT Advanced Recovery

- One carton of IMPACT Advanced Recovery equals 15 grams of carbohydrate. One carton replaces one carbohydrate choice at each meal. Carbohydrate foods are potatoes, bread, cereals, rice, fruits, milk and yogurt.
- Continue to eat protein foods (fish, chicken, beef, eggs), vegetables, salad, fats and oils, and limit carbohydrate foods at meals.
- Reduce by one serving (one carbohydrate choice) per meal potatoes, rice, bread, pasta, grains, yogurt, fruit, juice or milk.
- You may split your drink to 3 fluid ounces, six times a day. For example, you would consume 3 fluid ounces with each meal plus 3 fluid ounces between meals. This is the same total three 6- fluid-ounce cartons per day with smaller amounts at each meal and between meals.
- Do not eat sweets, juice or sugar sodas.
- If you add flavoring to the drink, use sugar-free sweeteners.

IMPACT Advanced Recovery can be found in the pharmacies at Providence St Vincent Medical Center or Providence Plaza on the campus of Providence Portland Medical Center.

Also in the cafes at Providence Newberg, Providence Hood River, Providence Milwaukie, and Providence Willamette Falls.

IMPACT Advanced Recovery is not currently covered by insurance plans.

2. The day of surgery: DRINK a CLEAR carbohydrate drink the day of surgery. Your body responds better to the stress of surgery, and you will feel better when you have a **clear** (must be see-through) carbohydrate drink several hours before the procedure.

On the day of your surgery, drink one clear (see-through) carbohydrate drink:

- one carton of Boost Breeze or
- one carton of Ensure Clear or
- 16 ounces of pulp-free apple juice or
- two 4-ounce bottles of Gatorade Prime

Drink the entire amount of the one drink two hours before you are scheduled to arrive at the hospital. Drink it over a span of approximately 30 minutes or more. You can buy these products at many grocery and convenience stores. They do not require a prescription.

For more surgery resources, please visit **[Providence.org/surgery](https://www.providence.org/surgery)**.