York and Scarborough Teaching Hospitals
NHS Foundation Trust

Enhanced Recovery Pre-Operative Carbohydrate Drinks

Information for patients, relatives and carers

ⓘ For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital

Telephone: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

York Hospital

Telephone: 01904 725269

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Contents **Page**

What is Nutricia PreOp? 3

How do I take Nutricia PreOp? 3

How do I take Nutricia PreOp if I am on a morning surgical list? 4

How do I take Nutricia PreOp if I am on an afternoon surgical list? 4

What if I have diabetes? 5

What if I am taking other nutritional supplements? 5

What if I have any questions? 6

Tell us what you think of this leaflet 7

Teaching, training and research 7

Patient Advice and Liaison Service (PALS) 7

Leaflets in alternative languages or formats 8

This leaflet is to give you more information about how to take the carbohydrate drinks before surgery.

You will be prescribed these drinks at your pre-operative assessment.

What is Nutricia PreOp?

Nutricia PreOp is a clear, still, lemon flavoured carbohydrate drink. It is easy to digest and can help you cope with surgery and improve your recovery time.

How do I take Nutricia PreOp?

- Nutricia PreOp is best served chilled. Shake well before use. Once you open a carton you should aim to drink it within four hours. Each carton is 200ml.

- Nutricia PreOp is gluten, lactose and fibre free.

How do I take Nutricia PreOp if I am on a morning surgical list?

- The **day before** surgery:
  From 6pm drink four cartons of Nutricia PreOp.

- The **day of** surgery:

Take two cartons of Nutricia PreOp: To be finished at least two hours before your surgery (before 7am).

How do I take Nutricia PreOp if I am on an afternoon surgical list?

- The **day before** surgery:

From 6pm drink four cartons of Nutricia PreOp.

- The **morning of** surgery:

Drink two cartons of Nutricia PreOp (before 12pm).

What if I have diabetes?

Nutricia PreOp is **not** suitable for patients with insulin treated diabetes. However, if your diabetes is controlled with diet or tablets then Nutricia PreOp is ok for you to take. If you are unsure whether PreOp is suitable for you or have any questions, please ask your pre-assessment nurse.

Nutricia PreOp is also not suitable if you have delayed gastric emptying (gastroparesis)

What if I am taking other nutritional supplements?

Nutritional supplements such as Fortisip, Ensure Plus, and Complan are different from Nutricia PreOp. These supplements are digested in the same way as food therefore should be taken whilst you are allowed to eat food before your surgery.

Certain operations require a preparation to clear the bowel, therefore check with your pre-assessment nurse who will give you specific instructions at your appointment.

What if I have any questions?

If you have any questions, please contact your pre-assessment nurse on the following telephone numbers:

If you are being treated at York Hospital phone: 01904 726027

If you are being treated at Scarborough phone: 01723 342870

If you are being treated at Bridlington Hospital phone: 01262 423236

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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