

If you have any questions please contact the pre-operative assessment unit on:

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to give feedback about your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

preOp drinks

Carbohydrate loading drink to enhance patient recovery after surgery



preOp Drinks

What are preOp drinks?

preOp drinks are clear, lemon flavoured, carbohydrate drinks designed to provide the body with energy during the period of pre-operative starvation.

Why do you need to take preOp drinks?

preOp drinks provide the energy required for your body to use during surgery. Research has shown that your body will recover more quickly after the operation if you are well hydrated and not in a state of 'starvation'. Taking preOp drinks forms part of our Enhanced Recovery Programme (for major gastrointestinal surgery and some major urological surgery).

How do you take preOp drinks?

preOp drinks come as ready to drink 200ml cartons. These are best served chilled and need to be shaken well before use. There are 4 - 6 cartons to drink before the operation at the times shown below. The number of cartons supplied will depend on the likely timing of your surgery. Please drink all cartons supplied to provide the necessary energy required before your operation.

When do you take preOp drinks?

For morning surgery (7.30am admission time)

Evening before surgery - From 5pm drink 4 cartons of preOp

Morning of surgery - Before 6am drink 2 cartons of preOp

For afternoon surgery (12 noon admission time)

Morning of surgery - Before 11am drink 4 cartons of preOp

Important Dietary Information before your surgery

Morning surgery (7.30am admission time)

Eat a snack before you go to bed / before midnight. Do not eat any food after midnight.

After midnight the only fluid which should be drunk are the 2 remaining cartons of preOp drink before 6am.

If you are having bowel prep you will be allowed clear fluids only from lunchtime the day before surgery. You will still be allowed the preOp drinks.

Afternoon surgery (12 noon admission time)

Eat a light breakfast eg tea and toast before 7am, unless having bowel prep as above. Do not eat anything after this time.

Drink the 4 cartons of preOp drink as detailed opposite, ensuring the last is finished no later than 11am.

preOp drinks must not be used in patients with diabetes

Additional Information

Please remember to bring some sugar free chewing gum into hospital with you. You will be asked to chew chewing gum after your operation to help stimulate your bowels.