

1. How is IMPACT Advanced Recovery® Drink different from other nutritional drinks?

IMPACT Advanced Recovery® Drink is the only oral nutrition product containing a unique blend of ingredients including arginine, omega-3 fatty acids from fish oil and nucleotides that are clinically proven to help promote recovery following major surgery.^{1,2}

2. How does IMPACT Advanced Recovery® Drink work?

The unique blend of nutrients found in IMPACT Advanced Recovery® Drink work together to help prepare the body for a variety of major surgeries.

- **Arginine:** Helps increase blood flow to the surgical wound and helps support the immune system³
- **Omega-3 Fatty Acids (from fish oils):** Helps manage inflammation⁴
- **Nucleotides:** Helps rebuild immune cells⁵

With documented outcomes in over 80 publications, including multiple meta-analyses, this unique blend of nutrients has been specifically formulated to meet the distinct nutritional needs of the major elective surgery patient, support the immune and vascular systems, and reduce the risk of postoperative complications.¹

3. How often should surgical patients consume IMPACT Advanced Recovery® Drink?

In addition to the patient's normal diet, the patient should consume one carton two times per day for 5 days prior to surgery, unless otherwise instructed by a healthcare provider. One case of IMPACT Advanced Recovery® contains 10 cartons, which provides a full 5 day supply.

4. Does the timing of the IMPACT Advanced Recovery® Drink protocol need to be adjusted for bowel prep pre-operatively?

Hospitals have different bowel prep protocols and ultimately each clinician must use his or her clinical judgment in choosing the best protocol for each major surgery patient. Some doctors recommend one day of clear liquids for bowel prep prior to surgery. To achieve this, the patient will drink 2 cartons of IMPACT Advanced Recovery® per day starting 6 days prior to surgery. The patient brochure may be used as a guide to specify the dates the patient is to consume IMPACT Advanced Recovery® Drink.

5. Do patients need to drink all 10 cartons?

Yes, unless instructed differently by the healthcare provider. Studies have shown that compliance with this volume provides adequate amounts of the unique blend of ingredients to help promote recovery following major surgery.

6. What flavors are available for IMPACT Advanced Recovery® Drink? Suggestions for consumption?

IMPACT Advanced Recovery® Drink is available in vanilla flavor only. It is suggested the patient drink the product chilled, or pour the carton of IMPACT Advanced Recovery® Drink into a glass with ice. Recipes and flavor suggestions can be found in the patient brochure and online at www.preparedforsurgery.com.

7. Are there any patients who shouldn't take IMPACT® formulas?

IMPACT® formulas are not indicated when immune suppression is desired, for example, during pregnancy or transplantation. In addition, IMPACT® formulas contain supplemental arginine and therefore should not be used if a clinician has determined that supplemental arginine is not appropriate for the patient.

8. Can a patient with renal failure use IMPACT Advanced Recovery® Drink in coordination with their surgery?

Because IMPACT Advanced Recovery® Drink provides a substantial source of dietary potassium (15 mEq/carton) and phosphorus (350 mg/carton), a nephrologist or renal dietitian should be consulted to answer this question.

9. Can a patient who is lactose intolerant drink IMPACT Advanced Recovery® Drink? Other special diets?

Yes, IMPACT Advanced Recovery® Drink is suitable for the following diets: lactose intolerance (not for individuals with galactosemia), gluten-free, kosher, and halal.

10. Can a patient with a fish allergy drink IMPACT Advanced Recovery® Drink?

The fish oil used in IMPACT Advanced Recovery® Drink is highly refined, bleached and deodorized. Due to this processing, the proteins (which are the allergic substance) are removed, and the FDA does not consider the oil to be allergenic. However, if there is a known history of severe fish allergy that has produced anaphylactic reactions or asthma from past exposure, it may be precautionary to avoid using products containing fish oil.

11. Do patients with diabetes require a special protocol?

No. The protocol is the same for patients with or without diabetes: one carton, two times a day for 5 days before surgery. Each carton of IMPACT Advanced Recovery® Drink contains 20 g carbohydrate. Patients with diabetes should consult their healthcare professional to determine if any other changes to meal plans are required.

12. What tools are available to answer patients' questions about IMPACT Advanced Recovery® Drink?

A Nestlé Health Science representative can provide clinicians with the IMPACT® Patient Brochure, which provides answers to common questions patients have related to following the protocol prior to surgery. Patients can visit www.preparedforsurgery.com for more information, including videos and FAQs.

Please note: These FAQs are provided as guidelines for clinicians only based on available scientific data and are not intended to replace the clinical assessment of individual patients or the judgement of the clinician.

USE UNDER MEDICAL SUPERVISION. NOT INDICATED WHEN IMMUNE SUPPRESSION IS DESIRED.

For further questions about IMPACT Advanced Recovery® Drink, call the Nestlé Health Science product information hotline at 1-800-422-ASK2(2752) www.NestleMedicalHub.com

References:

1. Adiamah A et al. *Ann Surg* 2019; 270(2):247-56.
2. Drover JW et al. *J Am Coll Surg* 2011;212(3):385-99.
3. Chow O and Barbul A. *Adv Wound Care* 2014;3(1):46-53.
4. Calder PC. *Biochem Biophys Acta* 2015;1851:469-84.
5. Hess JR and Greenberg NA. *NCP* 2012;27(2):281-94.