

# A Phased Nutritional Protocol for Your Enhanced Recovery Pathway

An estimated 24-65% of patients undergoing major elective surgery are at nutritional risk.<sup>1-3</sup>

- Phase 1 of the protocol reduces risk of infection for well-nourished and malnourished patients.<sup>3-7</sup>
- Phase 2 supports improvement in nutritional status to further help reduce risk of infection in at-risk or malnourished patients.<sup>3,4,8</sup>

## Phase 1

**Surgical optimization  
regardless of nutritional status**

For 5-Days BEFORE surgery

For 5-Days AFTER surgery

IMMUNONUTRITION



L-arginine  
omega-3 fatty acids  
Nucleotides

2 servings per day

AND

IMMUNONUTRITION



L-arginine  
omega-3 fatty acids  
Nucleotides

2 servings per day

## Phase 2

**Recovery optimization  
for patients with (or at-risk of) malnutrition**

For at least 1-2 months following  
the 5-Day IMPACT® protocol AFTER surgery

HIGH CALORIE/  
HIGH PROTEIN NUTRITION



530 Calories  
22g Protein

OR

HIGH PROTEIN NUTRITION



250 Calories  
20g Protein

OR

DIABETES FRIENDLY  
NUTRITION



190 Calories  
16g Protein

2 servings per day  
Select appropriate product based on patient nutritional needs

The unique blend of nutrients—arginine, omega-3 fatty acids and dietary nucleotides—found in IMPACT® Advanced Recovery Drink are clinically proven to help reduce the risk of post-surgical complications.<sup>5,6</sup> IMPACT® formulas have been studied in many types of major surgeries: GI Cancer, Orthopedic, Bariatric, Cardiac, Head and Neck Cancer, Bladder Cancer, Gynecological Cancer, Thoracic Cancer, and Ventral Hernia Repair.

Oral nutritional supplements, such as BOOST® Drinks, are intended to supplement a normal diet and provide additional protein, calories, vitamins and minerals to help meet nutritional goals for the at-risk or malnourished surgical patient and help achieve adequate nutritional intake for all patients.<sup>3,4</sup>

Use of IMPACT® formulas is not indicated when immunosuppression is desired.

# Nutritional Information

Product Name	IMPACT Advanced Recovery®	BOOST® Very High Calorie	BOOST® High Protein (Retail)	Boost Glucose Control®
Serving Size	250 mL	237 mL	237 mL	237 mL
Calories (kcal)	280	530	250	190
kcal/mL	1.1	2.24	1.05	0.8
Protein (g), (% of kcal)	26 (37%)	22 (17%)	20 (33%)	16 (33%)
Protein Sources	Calcium Caseinate (Milk), Sodium Caseinate (Milk), L-Arginine	Acid Casein (Milk), Soy Protein Isolate	Milk Protein Concentrate, Soy Protein Isolate, Calcium Caseinate (Milk), Sodium Caseinate (Milk)	Milk Protein Concentrate, Soy Protein Isolate, Calcium Caseinate (Milk), Sodium Caseinate (Milk)
L-Arginine (g)	6.3	—	—	—
Dietary Nucleotides (mg)	645	—	—	—
EPA + DHA (g)	1.65	—	—	—
Fat (g)	11	26	6	7
Total Carbohydrates (g)	20	52	28	16
Sugars (g)	18	13	11	4
Flavors	Vanilla	Very Vanilla, Creamy Strawberry	Very Vanilla, Rich Chocolate. Creamy Strawberry, Café Mocha	Very Vanilla, Rich Chocolate, Creamy Strawberry
Osmolality (mOsm/kg water)	704	950 (Very Vanilla) 930 (Creamy Strawberry)	480 (Very Vanilla) 480 (Rich Chocolate) 500 (Creamy Strawberry) 530 (Café Mocha)	280 (Very Vanilla) 240 (Rich Chocolate) 280 (Creamy Strawberry)
Suitable Diets	Lactose intolerance*, Gluten-free, Kosher, Halal	Lactose intolerance*, Gluten-free, Kosher	Lactose intolerance*, Gluten-free, Kosher	Lactose intolerance*, Gluten-free, Kosher, Halal

\*Not for individuals with Galactosemia

## References:

1. Thomas MN et al. *Nutr* 2016; 32:249-254. 2. Geurdan B et al. *Acta Chir Belg* 2015; 115:341-347. 3. Wischmeyer PE et al. *Anesth Analg* 2018;126(6):1883-95. 4. Williams DGA et al. *Perioperative Medicine* 2020;9:29. 5. Adiamah A et al. *Ann Surg* 2019; 270(2): 247-256. 6. Drover JW et al. *JACS* 2011;212(3):385-399. 7. Braga M et al. *Surg* 2002;132:805-814. 8. Myint MWW et al. *Age and Ageing* 2013; 42:39-45.

[www.NestleMedicalHub.com](http://www.NestleMedicalHub.com) • 1-800-422-ASK2 (2752)

USE UNDER MEDICAL SUPERVISION.

Some products may contain common food allergens. The ingredient statement on the product label should be carefully reviewed for any patient with food allergies. Not intended as a substitute for clinical judgment or existing facility protocols.

All trademarks are owned by Société des Produits. Nestlé S.A., Vevey, Switzerland. ©2022 Nestlé. All rights reserved.  
IPCT-15208-1221

