

Try These Delicious Recipes

AVOCADO HONEY BANANA SMOOTHIE

Makes 1 serving (approximately 12 fl oz)

INGREDIENTS:

One 6 fl oz (178 mL) chilled IMPACT Advanced Recovery® Drink
 ¼ cup ripe avocado chunks
 ½ medium banana
 2 Tbsp honey

PREPARATION:

Place all ingredients in a blender and mix until smooth. Serve immediately.



LEMON BLUEBERRY CREAM SMOOTHIE

Makes 1 serving (approximately 12 fl oz)

INGREDIENTS:

One 6 fl oz (178 mL) chilled IMPACT Advanced Recovery® Drink
 ½ cup blueberries, fresh or frozen (thawed and drained)
 ¼ cup light, non-fat blueberry yogurt
 1tbsp of lemon juice

PREPARATION:

Place all ingredients in a blender and mix until smooth. Serve immediately.



Additional recipes are available at www.preparedforsurgery.com

Quick Flavoring Tips

Pour 1 carton of chilled IMPACT Advanced Recovery® Drink into a glass and add one of the following:

- 1 Tbsp of regular or sugar free syrup
- 2 tsp of regular or sugar free flavoring syrups (i.e. Irish cream, hazelnut, raspberry, caramel, mint) or liquid coffee creamer
- 1-2 Tbsp instant coffee powder or malt powder (dissolve in a small amount of hot water before adding to IMPACT Advanced Recovery® Drink)
- Beverage recipes may be made into frozen ice pops. Simply prepare recipe as directed and pour into an ice cube tray or ice pop molds; cover and freeze until solid.



The Nestlé Nutrition Store offers free ground delivery to your home, order a case today by visiting:

www.nestlenutritionstore.com or calling **1-888-240-2713**.
IMPACT Advanced Recovery® Drink is also available on Amazon.com and Walmart.com

You can also ask your retail pharmacist about placing a special order using the information below:

Product Ordering Information	IMPACT Advanced Recovery® Drink - Vanilla
Product Code	4390099291
NDC-Format Number	43900-0992-90
Packaging	15 - 178 mL cartons/case

Where can I find IMPACT Advanced Recovery® Drink?

Ask your healthcare provider if they can refer you to a specific hospital location, home care company, or other resource to purchase IMPACT Advanced Recovery® Drink prior to your surgery.

Learn more about IMPACT Advanced Recovery® Drink by visiting:
www.preparedforsurgery.com

Be Prepared for Surgery



Learn how immunonutrition can help meet the unique nutritional demands placed on your body by surgery to help you recover

USE UNDER MEDICAL SUPERVISION

www.NestleHealthScience.us

1-800-422-ASK2 (2752)

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Your doctor has recommended that you drink IMPACT Advanced Recovery® Drink, a special immunonutrition drink that has been shown to help promote better outcomes, which contains a unique blend of nutrients specifically formulated to support your immune system to help prepare you for major surgery.

The ingredients used in IMPACT Advanced Recovery® Drink have been found to help reduce your risk of complications following major surgery.

These complications can often cause you to spend additional time in the hospital or recovering from surgery.

Per your doctor's instructions, drinking 3 cartons per day of IMPACT Advanced Recovery® Drink for **5 days prior to surgery** can help give you the nutrition your body needs to recover and get you home sooner.



Why do I need special nutrients if I am healthy prior to surgery?

Studies have shown that major surgery places special nutritional demands on the body that cannot be met through a healthy, balanced diet alone. The unique ingredients found in IMPACT Advanced Recovery® Drink have been proven to help your body recover from surgery.

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

IMPACT Advanced Recovery® Drink is the only oral product to contain a unique combination of ingredients that includes: arginine, omega-3 fatty acids from fish oil and nucleotides at levels clinically proven to be beneficial for surgical recovery.

Are the special nutrients found in IMPACT Advanced Recovery® Drink available in foods?

Arginine, fish oil and nucleotides are found naturally in many foods. However, it would not be practical to consume the quantities that would be necessary to obtain the beneficial levels of each of these nutrients. The protocol of 3 cartons per day for 5 days prior to surgery provides the recommended amounts of these nutrients.

How does IMPACT Advanced Recovery® Drink work?

The unique nutrients found in IMPACT Advanced Recovery® Drink work together to help prepare your body for surgery.

- **Arginine:** Helps increase blood flow to your surgical wound and supports the immune system.
- **Omega-3 Fatty Acids (from fish oil):** Help to manage inflammation
- **Nucleotides:** Help to rebuild rapidly dividing cells

The combination of these three nutrients have been clinically proven to support the body's recovery following major surgery.

How often should I drink IMPACT Advanced Recovery® Drink?

Be sure to follow the nutritional recommendations from your healthcare provider as you prepare for surgery. It is typically recommended that you begin your IMPACT Advanced Recovery® Drink protocol 5 days prior to your surgery. One carton of IMPACT Advanced Recovery® Drink contains your full 5 day supply. In addition to your normal diet, you should consume 3 cartons per day for 5 days prior to surgery, unless otherwise directed by your doctor. Patients with diabetes should consult their healthcare professional to determine if any other changes to meal plans are required.



Do I need to drink all 15 cartons?

Yes, unless instructed differently by your healthcare provider. Studies have shown that 15 cartons provide the necessary amount of beneficial unique nutrients to help the body recover after major surgery.

Should I continue to drink IMPACT Advanced Recovery® Drink following my surgery?

Be sure to follow the post-operative nutrition recommendations from your healthcare provider. In clinical studies, the nutrients found in IMPACT Advanced Recovery® Drink were proven to be more beneficial at protecting patients from complications following surgery when consumed both before and after surgery. If your healthcare provider recommends continuing IMPACT Advanced Recovery® Drink following your surgery, you should consume 3 cartons per day for at least 5 additional days (15 cartons) following your surgery and you can begin as soon as you are able to eat following surgery.

Drink 1 carton 3 times per day for 5 days before surgery



	CARTONS			
	Date	1	2	3
5 Days Prior				
4 Days Prior				
3 Days Prior				
2 Days Prior				
1 Day Prior				

Date of SURGERY

Total Cartons Consumed

Drink 3 cartons per day for 5 days prior to surgery chilled or over ice.. Keep this handy checklist on your refrigerator and mark the box above each time you drink IMPACT Advanced Recovery® Drink.

Make sure you have specific instructions from your healthcare provider about your diet for the day of surgery and how many hours before surgery you need to stop eating and drinking.

THIS PRODUCT IS INTENDED FOR USE UNDER MEDICAL SUPERVISION. PLEASE CONSULT YOUR HEALTH CARE PROFESSIONAL TO DETERMINE IF THIS PRODUCT IS RIGHT FOR YOU. NOT INDICATED WHEN IMMUNE SUPPRESSION IS DESIRED.