

*Go in Stronger. Get Home Sooner.*



## **IMPACT** Advanced Recovery<sup>®</sup> Immunonutrition Drink

*To help you prepare for surgery, your doctor has recommended this immunonutrition drink specifically formulated to support your immune system.*

### Reduce Your Risk of Complications

An infection after major surgery may increase your time in the hospital and lengthen your recovery. The unique blend of nutrients in IMPACT<sup>®</sup> formulas has been studied in dozens of clinical trials involving thousands of major surgery patients and has been proven to reduce risk of infection in patients undergoing major surgery.<sup>1-2</sup>

### Contains a unique blend of 3 key immunonutrients:

#### **Arginine.**

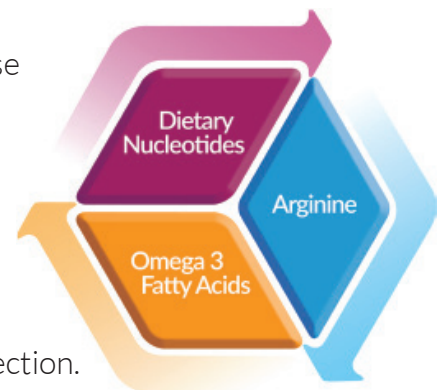
A protein building block that supports the immune system and helps increase blood flow to surgical wounds, aiding the healing process.<sup>3-5</sup>

#### **Omega-3 Fatty Acids.**

A type of essential fat from fish oils that helps to lessen surgical stress on the body by managing inflammation.

#### **Dietary Nucleotides.**

Biological molecules that aid in rebuilding immune cells, helping to fight infection.



### Easy to follow Protocol

Drink **1** carton  
**2** times per day  
for **5** days before surgery

**USE UNDER MEDICAL SUPERVISION**  
Not indicated when immune suppression is desired.

## Frequently Asked Questions

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

Studies have shown that major surgery places special nutritional demands on the body are beyond what a healthy, balanced diet typically provides. The unique ingredients found in IMPACT Advanced Recovery® have been proven to help your body recover from surgery. Each serving also provides 280 calories, 26 grams of protein, 11 grams of fat and 20 grams of carbohydrate per serving.

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

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

### **Can people with diabetes use this drink?**

Each serving of IMPACT Advanced Recovery® contains 20 grams of carbohydrate. This is a little more than the amount in a slice of bread or piece of fruit. The product has been successfully used by patients with diabetes undergoing surgery. As always, consult your healthcare professional to determine if any other changes to your meal plans are required.

### **Should I continue to drink IMPACT Advanced Recovery® after my surgery?**

Be sure to follow the post-operative nutrition recommendations from your healthcare provider. Studies show the blend of immunonutrients found in IMPACT Advanced Recovery® were proven to better reduce the risk of complications when consumed both before and after surgery.

## Quick Flavoring Tips

**Pour 1 carton of IMPACT Advanced Recovery® – chilled or over ice – into a glass and add one of the following:**

- A few drops of water flavor enhancer of your choice
- 1 Tbsp of sugar-free flavoring syrup (i.e. hazelnut, raspberry, caramel, Irish cream, etc.) or sugar-free liquid coffee creamer
- 1-2 Tbsp instant coffee powder, dissolved in a small amount of hot water before adding to IMPACT Advanced Recovery®
- 1 Tbsp regular flavoring syrup or liquid coffee creamer\*

**Enjoy IMPACT Advanced Recovery® in a new way!**

**Find more delicious recipes at [www.preparedforsurgery.com](http://www.preparedforsurgery.com).**

### **Peanut Butter Banana Shake**

Makes 1 serving (approximately 15 fl oz)

#### **INGREDIENTS:**

One 8.45 fl oz carton of IMPACT Advanced Recovery® Drink, chilled  
2 tsp creamy peanut butter  
½ medium banana, sliced\*

#### **PREPARATION:**

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



\*The addition of fruit or sugar containing ingredients will increase carbohydrate content. Please discuss with your healthcare provider.

#### **References:**

1. Adiamah A et al. *Ann Surg* 2019; 270(2):247-56.
2. Drover JW et al. *JACS* 2011;212:385-399.
3. Ferreras N et al. *Clin Nutr* 2005;24:55-65.
4. Braga M et al. *Surg* 2002;132:805-14.
5. Chow O and Barbul A. *Adv Wound Care* 2014;3(1):46-53.

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## Specialized Nutrition is Needed to Help Prepare your Body



**Drink 1 carton 2 times per day for 5 days BEFORE surgery**

To track your progress, mark the box each time you drink a carton of IMPACT Advanced Recovery®

Date of Surgery:

*Chill first for optimal enjoyment.*

	Date	Carton 1	Carton 2
5 Days Before			
4 Days Before			
3 Days Before			
2 Days Before			
1 Day Before			
Total Cartons Consumed			

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.

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