

preOp® drink

Information for patients

This leaflet answers common questions about drinking **preOp®** before your surgical procedure. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

In all cases, a pre-operative assessment nurse will explain when and how to take preOp® and answer any questions you may have.

What is preOp®?

It is a clear, non-carbonated, lemon flavoured, carbohydrate drink. It is gluten, lactose, fat, protein and fibre free.

Why have I been given preOp® to drink?

You have been given preOp® to drink as part of your treatment prior to your surgery. Research has shown that taking carbohydrate drinks in this way reduces the stress caused on the body by surgery, improves wellbeing and may reduce muscle loss following surgery. Taking preOp® can also help to reduce the side effects of fasting before surgery such as nausea and vomiting after surgery.

When and how should I take preOp®?

You will need to take two doses of preOp® before your surgery as follows:

- 1) You should take your **first dose** the **night before** your surgery – **4 x 200ml bottles/cartons.**

You should take preOp® in addition to your normal evening meal. It may make you feel quite full as it provides additional calories and volume.

You may wish to start drinking your first evening dose at 5pm and drink one each hour until you have had four. Try to take the full dose if you are able to, in order to get the full benefit of preOp®.

- 2) You should take your **second dose** on the **morning of** your surgery – **2 x 200ml bottles/cartons.**

Please note this second dose must be taken **at least 1 hour before** you are due to come into hospital. For example, if you are asked to come in to hospital for 8am, you need to have finished your last bottle/carton by

7am. Make sure you allow yourself enough time in the morning to drink two bottles/cartons before you have to be nil by mouth.

preOp® is considered to be a clear fluid in terms of your pre-operative fasting instructions.

How should I store my preOp® drink?

preOp® is best served chilled and should be stored in a cool, dry place, (5-25°C). **Once opened, it should be consumed within four hours**, or stored in a refrigerator for 24 hours and any unused contents discarded thereafter.

Risks and side effects

preOp® is considered a clear fluid in terms of your pre-operative fasting regime. It is gluten, lactose, fat, protein and fibre free. If you experience any side effects or adverse reactions, discontinue use and seek medical assistance if necessary.

Do you have any further questions?

If you have any further questions, you may contact:

- The pre-operative assessment unit on 020 8375 2556.
- Ursula Knight, advance nurse practitioner on 07957 924 866.

More information

For more information please read our booklet, 'Having an operation at the Royal Free London'. Search for the title on our website: www.royalfree.nhs.uk.

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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