

Fasting guidelines

Pre Load Preparation Guidelines

preload™

A powdered neutral carbohydrate loading drink mix to enhance patient recovery after surgery

Preparation Guidelines

Step 1

- Pour 400ml of water into a cup.

Step 2

- Add the contents of 1 sachet of preload into the cup, stirring continuously until the powder has dissolved.

Step 3

- Drink as directed below.



When to take preload

Evening before surgery

You need to take 2 sachets of preload.

- Drink 1 dose of preload during the evening.
- Then repeat another dose before 4am.



Morning of surgery

- Take a third sachet of preload at a time specified by the ward sister.



If you have any questions please contact the dietitian / ward sister

Important Notice

- Do not eat any food after midnight.
- After 4am the only fluid which should be taken is the third sachet of preload.



Innovation in Nutrition

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