

## Support your surgical patients' nutrition at every stage of their journey

Optimising nutritional needs is key for improving surgical outcomes,<sup>1</sup> so when ONS is indicated we have options for all your patients' needs



## Improve overall mortality and reduce pulmonary morbidity<sup>2</sup>

- Consider at least 4 weeks before surgery
- Restore energy and protein deficit
- Avoid weight loss and reduction in muscle mass



65g carbohydrate per bottle Fat-free Provides 10g protein

22g protein in a 60ml shot - ideal for patients with increased protein needs

Reduce loss of lean muscle mass and promote quicker return of bowel function<sup>3</sup>

**Preoperative** 

- Follow ERAS protocol
- Consider carbohydrate-rich fluids up to 2 hours before surgery (aim for a minimum 50g)<sup>4</sup>

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complication rates<sup>5</sup>

- protein needs
- - are met

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1. Dileep N et al. Perioperative nutrition: Recommendations from the ESPEN expert group. Clin Nutr. 2020;39(11):3211-3222. 2. Hughes MJ et al. Prehabilitation before major abdominal surgery: A systematic review and meta-analysis. World J Surg. 2019;43(7):1661-1668. 3. Gustafsson UO et al. Guidelines for perioperative care in elective colorectal surgery: Enhanced Recovery After Surgery (ERAS) Society Recommendations:2018. World J Surg. 2019;43(1):659-695. 4. Nygren J et al. Preoperative gastric emptying. Effects of anxiety and oral carbohydrate administration. Ann Surg. 1995;222(6):728-734. 5. Varadhan KK et al. The enhanced recovery after surgery (ERAS) pathway for patients undergoing major elective open colorectal surgery: a meta-analysis of randomized controlled trials. Clin Nutr. 2010;29(4):434-440. 6. Luiking YC et al. Postprandial muscle protein synthesis is higher after a high whey protein, leucine-enriched supplement than after a dairy-like product in healthy older people: a randomized controlled trial. Nutr J. 2014, 13:9. 7. Bauer J et al. Evidence-based recommendations for optimal dietary protein intake in older people: a position paper from the PROT-AGE study group. JAMDA. 2013;14(1):542-559. © 2022 AYMES<sup>®</sup> International Ltd, P O Box 853, Haywards Heath, RH16 9PL

## **Postoperative**

## **Reduce length of stay and**

 If appropriate, initiate oral nutrition within the first 24 hours Consider increased energy and Initiate ONS to ensure requirements

Support functional recovery



20.3g protein and 3g leucine per serving - to stimulate muscle protein synthesis<sup>6,7</sup>