

Preoperative carbohydrate drinks - Nutricia preOp

Patient information

This information explains what carbohydrate drinks are and how to take them before your surgery. You will be given these drinks at your pre assessment clinic visit. Please speak to your nurse if you have any questions.

What are carbohydrate drinks - Nutricia preOp?

Nutricia preOp is a clear, still, lemon flavoured carbohydrate drink designed for patients undergoing surgery. It is suitable for vegan, vegetarian, Halal and Kosher diets and is gluten, lactose and fibre free.

Why do I need to take Nutricia preOp?

Undergoing surgery can put a strain on your body, particularly at a time when you will be advised to not eat. Research has shown that patients who have carbohydrate drinks before their surgery feel less thirsty and hungry and drinking them may improve recovery time after surgery.

Are there any reasons why I should not take Nutricia preOp?

If you have diabetes.

If you have a condition called gastroparesis (delayed gastric emptying). This is a long-term condition that means food takes longer to pass through the stomach than usual.

How do I take Nutricia preOp?

It is recommended you take a total of six bottles of Nutricia preOp. You will be given a supply of six bottles when you attend clinic.

- Nutricia preOp can be stored at room temperature but is best served chilled.
- Shake the bottle before drinking.

The evening **before** your surgery:

- Drink four bottles of Nutricia preOp in addition to the guidelines on foods and fluids you are given.
- On the day of your surgery drink the remaining two bottles. These will need to be finished two hours before you are due to go to theatre.

Please contact cardiothoracic support team on **01223 638100** with any further questions.

Author ID: Nursing
Department: Nutrition and dietetics
Printed: March 2026
Review date: March 2028
Version: 1.1
Leaflet number: PI 245



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust
Papworth Road, Cambridge
Biomedical Campus,
Cambridge CB2 0AY
Tel: 01223 638000
www.royalpapworth.nhs.uk

© 2026 Royal Papworth Hospital NHS Foundation Trust
A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code

