

# ERAS PREOPERATIVE NUTRITION FOR COLECTOMY SURGERY

For the two weeks prior to surgery we strongly encourage our patients to improve their nutrition with supplemental shakes designed to improve healing and surgical outcomes.

- Two weeks prior to surgery date: Drink one bottle of Ensure Surgery twice daily. (Usually purchase 2- 15 packs)
- The night before surgery drink one bottle of Ensure Pre Surgery Clear
- The morning of surgery drink one bottle of Ensure Pre Surgery Clear



There are coupons available that may reduce your cost if purchased at your pharmacy. [www.singlecare.com/prescription/ensure](http://www.singlecare.com/prescription/ensure)