

## **Impact Advanced Recovery® Nutritional Supplement**

### **What is Impact Advanced Recovery®?**

This is a drink with nutrients that boost your immune system. Each 6oz carton provides 18 grams of protein and 200 calories.

### **Why drink it?**

Studies have shown that drinking this before surgery:

- Improves nutrition
- Shortens hospital stays
- Decreases chances of wound infection
- Helps the body heal after surgery

### **How do I drink it?**

Drink 3 cartons a day for 5 days before surgery. The clinic will give you 1 case (15 cartons) of Impact Advanced Recovery®.

### **Important**

- **Drink** all 15 of the cartons.
- If you are taking laxatives the day before surgery. You must still drink 3 cartons.
- **Do not** drink Impact® on the day of your surgery. This will cause your surgery to be canceled or delayed.
- **Do not** drink if you have an allergy to fish (not shellfish). It contains Omega 3 fatty acids.

You will be given a booklet to record each time you drink a carton. Enter the dates and check the boxes each time you drink one.

This drink tastes better chilled. If you do not care for the taste of this drink, look at the booklet for recipes. If you are still having a hard time drinking the shake, contact the nutrition clinic for help.

### **Can I drink Impact® if I have diabetes?**

Yes, you still need to drink all 15 cartons. Each carton has 15 grams of carbohydrate.

### **Who to Call**

If you have more questions, please contact UW Health at one of the phone numbers listed. You can visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#605