

## Impact Advanced Recovery<sup>®</sup> Nutritional Supplement

Impact Advanced Recovery<sup>®</sup> is a drink with nutrients that boost your immune system. Each 6oz carton provides 18 grams of protein and 200 calories.

### Why do I need to drink it?

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).

### Important

- Drink **all** 15 of the cartons.
- You must still drink 3 cartons the day before surgery even if you are taking laxatives.
- **Track** when to drink the Impact<sup>®</sup>. There is a log in this handout. Fill out the dates and mark down each time you drink one.
- **Do not** drink Impact<sup>®</sup> 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.
- It tastes better chilled. If you do not like the taste of this drink, add a flavored syrup, powder, extract or make one of the recipes in this handout.

### Can I drink Impact<sup>®</sup> if I have diabetes?

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

### Flavoring Tips

Try adding flavored syrups, powders or extracts to one 6 fl oz package of Impact Advanced Recovery<sup>®</sup> Drink.

### Syrups

- 1 Tbsp regular or sugar free chocolate, strawberry, or caramel syrup
- 2 tsp regular or sugar free flavored syrups (i.e. Irish cream, hazelnut, raspberry, caramel, mint)
- 2 tsp regular or sugar free liquid coffee creamers

### Powders

- 1-2 Tbsp malt powder (dissolve in a small amount of hot water first)
- 2 tsp instant coffee powder
- 1-2 Tbsp Nesquik Chocolate or Strawberry powder

### Extracts

- Try 1/8-1/4 tsp orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond, or mint

### 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**.

## Recipes for Impact

### Peanut Butter Banana Shake

Makes 1 serving (about 12 fl oz)

#### Ingredients

- 1 – 6 fl oz (176 ml) container Impact Advanced Recovery<sup>®</sup> Drink Vanilla
- 2 tsp creamy peanut butter
- ½ banana, sliced

#### Directions

Place all ingredients in a blender and mix until smooth. Serve right away.

### Creamy Hot Cocoa

Makes 1 serving (about 6 fl oz)

#### Ingredients

- 1 – .71 oz packet Nestlé Rich Milk Chocolate hot cocoa mix
- 1 – 6 fl oz (176 ml) container Impact Advanced Recovery<sup>®</sup> Drink Vanilla

#### Directions

Pour Impact Advanced Recovery<sup>®</sup> into a microwave safe container and heat to desired temperature (do not boil). Add hot cocoa mix and stir well.

### Lemon Blueberry Cream Smoothie

Makes 1 serving (about 12 fl oz)

#### Ingredients

- 1 – 6 fl oz (176 ml) container Impact Advanced Recovery<sup>®</sup> Drink Vanilla
- ½ cup blueberries, fresh or frozen (thawed and drained)
- ¼ cup light, nonfat blueberry yogurt
- 1 Tbsp lemon juice

#### Directions

Place all ingredients in a blender and mix until smooth. Serve right away.

### Strawberry Banana Smoothie

Makes 1 serving (about 12 fl oz)

#### Ingredients

- 1 – 6 fl oz (176 ml) container Impact Advanced Recovery<sup>®</sup> Drink Vanilla
- ½ cup sliced strawberries, fresh or frozen
- ½ small banana

#### Directions

Place all ingredients in a blender and mix until smooth. Serve right away.

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 © 6/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#605

## Impact Advanced Recovery<sup>®</sup> Log

	Date	Carton 1	Carton 2	Carton 3
5 Days Before Surgery				
4 Days Before Surgery				
3 Days Before Surgery				
2 Days Before Surgery				
1 Day Before Surgery				
<b>Date of Surgery*</b>				

**\*Do not drink Impact Advanced Recovery<sup>®</sup> on the day of surgery**