Important Information

Morning Surgery:
Do not eat any food after midnight
After midnight the only fluid which should be drunk is the third sachet of preload at 6:00am

Afternoon surgery:
Do not eat any food after 7:30am
After this the only fluid which should be drunk is the third sachet of preload at 11:00am

How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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Preload
Carbohydrate loading drink to enhance patient recovery after surgery.

Patient information leaflet
If you require a translation or an alternative format of this leaflet please call PALS (Patient Advice & Liaison service) on 01296 316042

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**Preload**

**What is Preload?**
Preload is an isotonic sugary drink designed to provide the body with energy during a period of starvation.

**Why do we need to take preload?**
The preload sugary drink provides the required energy for your body to use during your surgery. Studies have shown that your body will recover more quickly from an operation if you are well hydrated and not in a state of ‘starvation’.

**How do you take preload?**
It comes as a powder which needs dissolving in water to make it into a neutral, isotonic carbohydrate loading drink. There are 3 separate drinks to be taken at the times (shown on page 3).

Please drink all three to provide the necessary energy required for your operation.

**Preparation Guidelines**

**Step 1**
Pour 400ml of water into a cup

**Step 2**
Add the contents of 1 sachet of preload into the cup, stirring continuously until the powder has dissolved.

**Step 3**
Drink at times stated on page 3.

**When do I take the Preload?**

If your operation is in the morning (7:30 am admission time)

Evening before surgery
- Drink 2 sachets of preload, the first with your evening meal, the second at bedtime.

Morning of surgery
- Drink the third sachet of preload before 6am

If your operation is in the afternoon (11:30 am admission time)

Evening before surgery
- Drink 1 sachet of preload at bedtime.

Morning of surgery
- Drink the second sachet of preload before 7:00am

Late morning of surgery
- Drink the third sachet of preload before 11:00 am

If you have any questions please contact the preoperative assessment service on:

**Wycombe Hospital:** 01494 426467

**Stoke Mandeville Hospital:** 01296 3155082