

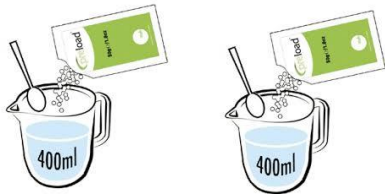
If your surgery is in the afternoon (10.00-11.30am admission)

**Evening before surgery**  
**Take sachet of preload at supper time**



**Morning of surgery**  
**Take 1 sachet of preload**

- 7.00am and
- 10am



Your PreLoad will be given to you at your pre-operative assessment. Please note these drinks are NOT suitable for diabetic patients due to their high carbohydrate content.

## 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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Carbohydrate loading drink called PreLoad to enhance your recovery after surgery

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

Safe & compassionate care,

every time

**PreLoad is a powdered neutral tasting carbohydrate loading drink mix specifically designed for use before surgery.**

**The benefits of carbohydrate loading includes:**

- ✓ Preventing the body from fasting state.
- ✓ reduces thirst and increases patient comfort
- ✓ aids recovery and length of stay in hospital

**EACH BOX OF PRE LOAD CONTAINS 3 SACHETS**



**x 3**

## Preparation Guideline

### Step 1

✓ measure out 400ml of water using a measuring jug.

### Step 2

✓ add the contents of 1 sachet of preload into measuring jug stirring continuously until dissolved.

### Step 3

✓ pour into a large glass and drink



## When do I take the PreLoad?

The following times are a guide only:

If your surgery is in the morning (7.00-7.30am admission)

### Evening before surgery

Take sachet of preload

- Tea-time and
- Supper-time



### Morning of surgery

Take sachet of preload at 6.00am

