

# Be prepared for surgery



Learn how immunonutrition can  
help meet your unique nutritional  
requirements of surgery to  
optimise your recovery



IMPACT® Advanced Recovery is a food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met by diet modification alone. Must be used under the supervision of a healthcare professional.

# IMPACT® Advanced Recovery Drink

Your healthcare professional has recommended that you drink IMPACT® Advanced Recovery Drink, a special immunonutrition drink that has been shown to help promote better outcomes. It contains a unique blend of nutrients specifically formulated to support your immune system to help prepare you for major surgery.

The ingredients used in IMPACT® Advanced Recovery Drink have been found to help reduce your risk of complications following major surgery.<sup>1-3</sup>

These complications can often cause you to spend additional time in the hospital or recovering from surgery.

As per your healthcare professional's instructions, drinking 3 TETRA PAK per day of IMPACT® Advanced Recovery Drink for **5 days prior to surgery and for 5 days after surgery** can help give you the nutrition your body needs to recover and get you home sooner.



## How is IMPACT® Advanced Recovery Drink different from other nutritional drinks?

IMPACT® Advanced Recovery Drink is specially formulated to meet the nutritional needs of people at risk of infections associated with major surgery or critical illness. It contains a unique combination of ingredients that includes:

**arginine, omega-3 fatty acids from fish oil and nucleotides at levels shown to be beneficial for surgical recovery.<sup>1</sup>**

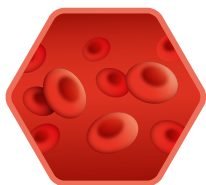


# Are the special nutrients found in IMPACT® Advanced Recovery Drink available in foods?

Arginine, fish oil and nucleotides are found naturally in many foods. However, for most people it is not practical to consume the quantities that would be necessary to obtain the beneficial levels of each of these nutrients. The protocol of 3 IMPACT® Advanced Recovery Drink TETRA PAK per day for 5 days prior to surgery and for 5 days after surgery provides the recommended amounts of these nutrients.

## How does IMPACT® Advanced Recovery Drink work?

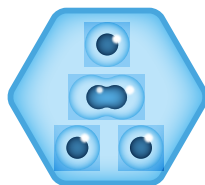
The unique nutrients found in IMPACT® Advanced Recovery Drink work together to help prepare your body for surgery.



**Arginine:** Helps increase blood flow to your surgical wound and supports the immune system.<sup>4</sup>



**Omega-3 Fatty Acids (from fish oil):** Help to manage inflammation.<sup>5-6</sup>



**Nucleotides:** Help to rebuild rapidly dividing cells.<sup>7</sup>

The combination of these three nutrients has been clinically proven to support the body's recovery following major surgery.<sup>1</sup>

## Should I continue to drink IMPACT® Advanced Recovery Drink following my surgery?

Be sure to follow the postoperative nutrition recommendations from your healthcare professional. In clinical studies, the nutrients found in IMPACT® Advanced Recovery Drink were proven to be more beneficial in reducing the risk of complications following surgery when consumed both before and after surgery. If your healthcare professional recommends continuing IMPACT® Advanced Recovery Drink following your surgery, you should consume 3 TETRA PAK per day for at least 5 additional days (15 TETRA PAK) and you can begin as soon as you are able to eat following surgery.

# Your IMPACT® Advanced Recovery Drink protocol checklist

**Drink 1 IMPACT® Advanced Recovery Drink 3 times per day for 5 days before surgery and 5 days after surgery if recommended by your healthcare professional.**

Best served chilled or over ice.



**Keep this handy checklist with you and tick the box each time you drink IMPACT® Advanced Recovery Drink.**

CHECKLIST				
	Date	1	2	3
5 days prior				
4 days prior				
3 days prior				
2 days prior				
1 day prior				

**Date of surgery:** ..... / ..... / .....



**Important:** Make sure you have specific instructions from your healthcare professional about your diet for the day of surgery and how many hours before surgery you need to stop eating and drinking.

# Try these delicious recipes

Makes 1 serving (approximately 355mL)

Please refer to the label of IMPACT® Advanced Recovery Drink and food items for allergens

## Avocado Honey Banana Smoothie

### Ingredients

- One (178mL) chilled IMPACT® Advanced Recovery Drink
- ¼ cup ripe avocado chunks
- ½ medium banana
- 2 tbsp honey

### Preparation

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

## Lemon Blueberry Cream Smoothie

### Ingredients

- One (178mL) chilled IMPACT® Advanced Recovery Drink
- ½ cup blueberries, fresh or frozen (thawed and drained)
- ¼ cup light, non-fat blueberry yoghurt
- 1 tbsp lemon juice

### Preparation

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



# Try these delicious recipes (continued)

Makes 1 serving (approximately 355mL)

Please refer to the label of IMPACT® Advanced Recovery Drink and food items for allergens

## Ginger Pear Smoothie

### Ingredients

- One (178mL) chilled IMPACT® Advanced Recovery Drink
- ½ cup canned diced pears, drained
- ½ medium banana
- 1 tsp minced fresh ginger root or ⅛ tsp ground ginger

### Preparation

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

## Peanut Butter Banana Shake

### Ingredients

- One (178mL) chilled IMPACT® Advanced Recovery Drink
- 2 tsp creamy peanut butter
- ½ medium banana, sliced

### Preparation

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



## Quick Flavouring Tips

Pour one (178mL) chilled IMPACT® Advanced Recovery Drink into a glass and add **one** of the following:



**1 tbsp regular or sugar-free syrup**



**1–2 tbsp instant coffee or malt powder**






Dissolve in a small amount of hot water before adding to IMPACT® Advanced Recovery Drink.

**Beverage recipes may be made into frozen ice blocks. Simply prepare recipe as directed and pour into an ice cube tray or ice block moulds. Cover and freeze until solid. Please refer to the label for allergens.**



# Where to get IMPACT® Advanced Recovery Drink before your surgery

Your healthcare professional has recommended the following option for you to purchase IMPACT® Advanced Recovery Drink:

State	Distributor	Phone
 NSW / ACT / QLD	Brightsky	1300 886 601 Monday to Friday 8.30am – 5.00pm local state times
 VIC / TAS	Independence Australia	1300 788 855 Monday to Friday 8.00am – 7.00pm EST
 SA / WA / NT	Symbion	1300 915 524 Monday to Friday 8.30am – 5.00pm local state times
 Private Hospitals	NCare® Direct	1800 671 628 (Option 3) Monday to Friday 8.30am – 5.30pm EST
 Other:		

**You can also ask your retail pharmacist about placing a special order using the information below:**

IMPACT® Advanced Recovery Drink – Vanilla	
<b>Product Code</b>	12365160
<b>Packaging</b>	15 x 178mL TETRA PAK / Case



**References:** 1. Waltzberg DL et al. *World J Surgery* 2006;30(8):1592-1604. 2. Cerantola et al. 2011. *British Journal of Surgery* 2011; 98:37-48. 3. Weimann et al. 2017. *Clinical Nutrition* 36 (2017) 623-650. 4. Wu G et al. *Amino Acids* 2009;37:153-168. 5. Lovett JE et al. *Ann Plast Surg* 2001;46:269-274. 6. Calder PC. *BBA* 2015;1851:469-484. 7. Hess JR and Greenberg NA. *NCP* 2012;27(2):281-294.

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