Surgical Performance Nutrition Protocol

You are encouraged to begin having a protein drink every day, starting when you schedule your surgery, and to plan ahead for the carbohydrate and protein loading recommended by Dr. Prusmack the day of surgery.

Goal: Improve patient satisfaction, prevent surgical complications, preserve lean muscle mass, and shorten hospital stays, by preventing surgically induced insulin resistance, protein catabolism, and oxidative stress. Studies show using precisely timed pre-operative carb/protein loading -- “immunonutrition”, with an early postoperative recovery amino acid/carbohydrate drink diet maintains anabolic function, preserves functional muscle mass, prevents hyperglycemia, and facilitates stable hemodynamics. These parameters have shown to prevent complications, shorten hospital stays, and improve overall outcomes.

Note: Bring protein and supplements with you to surgery if purchased

1) Pre-op carbohydrate/protein loading 6 hours prior to surgery
   i) Mix similar protein of choice or ProteinPrutect (2 scoops) with 16 oz juice
   ii) Recommended high carbohydrate juice (~60 g): Oceanspray Grape and Cranberry Apple
   iii) Goal is to have greater than 60g of carbohydrate and greater than 20g of protein in your carbohydrate/protein drink combination.

2) Pre-operative carbohydrate/essential amino acid (EAA) load 2 hours prior to surgery
   i) Nurse will prepare drink, when patient first arrives at pre-op
   ii) 16 oz high carbohydrate juice + Juven
   iii) Recommended juice per dietition: Oceanspray 100% juice
   iv) Ideal combination will have greater than 60g carbs and 13g of protein with EAA Glutamine and Arginine.

3) Early Post Operative carbohydrate/EAA recovery nutrition (Request to consume within 2 hours after surgery)
   i) Options
      (1) Mix 3:1 – carbohydrate: protein drink
      (2) Juice 16oz + Juven

4) Daily Protein Drink following surgery
   a) Protein of choice or ProteinPrutect (2 Scoops) with 16 oz juice, almond milk, coconut milk, or water

** Patients encouraged to use ProteinPrutect or protein with similar ingredients. http://www.prutectrx.com/collections/prutect-series/products/proteinprutect
REFERENCES:


