

## **DAY BEFORE SURGERY**

### **Afternoon or Evening:**

Drink 2 bottles (24 oz total) of plain SurgiStrong RecoverAid™ at least 8 or more hours prior to surgery. Consume over a 5-15 minute span per each bottle.



## **DAY OF SURGERY**

### **2+ hours prior to time of surgery:**

Drink 1 bottle (12 oz) of SurgiStrong RecoverAid™ **(PLAIN OR CAFFEINATED)** NO LESS than 2 hours prior to surgery. Consume over a 5-15 minute time span per bottle.



Best served chilled. Do not dilute with ice, water, or any other liquid. Not for IV use. Not for use in infants. Not meant to be a sole source of nutrition. Use with caution in patients with diabetes or delayed gastric emptying. Use under the supervision of your physician.