

# Go in stronger Get home sooner



Learn how immunonutrition  
can help to meet nutritional  
requirements that prepare you  
for surgery and support 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.

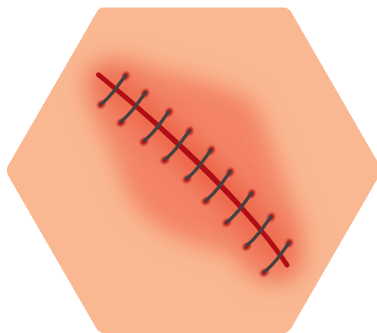
# Preparing for surgery with immunonutrition

To help you prepare for surgery, your healthcare professional has recommended IMPACT® Advanced Recovery. An immunonutrition drink formulated to support the nutritional needs of people at risk of infection associated with major surgery.

**Surgical Site Infections**, or "SSIs", are infections that occur after surgery in the part of the body where the surgery took place. SSIs may be on the surface of the skin, deep in the tissue, or may also affect the space in between organs.

SSIs are a common complication associated with surgery and can often result in a longer hospital stay, readmission to hospital, or longer recovery from surgery, so prevention is important.<sup>1-3</sup>

**Immunonutrition** refers to a range of nutrients that can help manage inflammation and stress caused by surgery.<sup>4</sup> These nutrients play an important role in the healing process after surgery.<sup>5-7</sup>



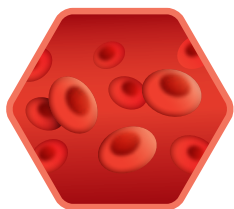
## How to help reduce the risk of infection after surgery

It's important to follow guidance from your healthcare professional on post-surgical care. Here are some tips to support your recovery:

- **Wash your hands** frequently and properly, and always before and after wound care.
- **Keep all hands away from surgical site**, both yourself as well as family and friends.
- **Keep wound protected from the sun.**
- If you notice any **signs of an infection**, such as redness and pain at the surgery site, drainage, or fever, contact your healthcare professional immediately.

# How IMPACT® Advanced Recovery works

IMPACT® Advanced Recovery contains a unique blend of 3 key immunonutrients that work together to help support the immune system and help prepare your body for major surgery.



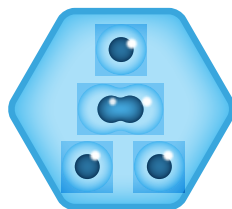
## Arginine

An amino acid that supports the immune system and helps to increase blood flow to your surgical wound(s), aiding the healing process.<sup>8</sup>



## Omega-3 Fatty Acids

A type of essential fatty acid derived from fish oil that helps manage post-surgical inflammation.<sup>9-10</sup>

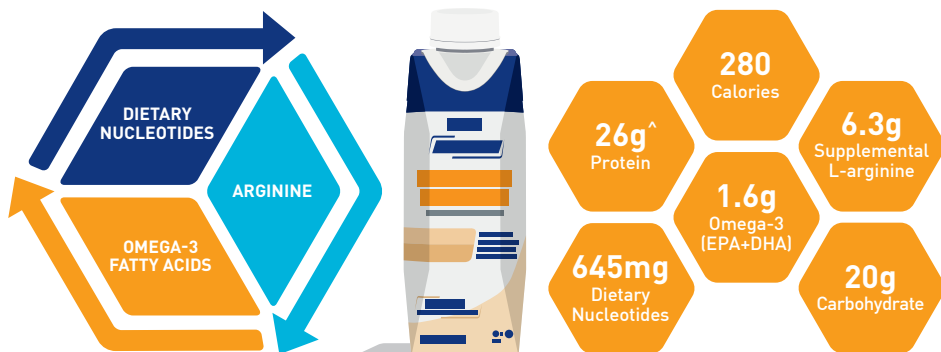


## Dietary Nucleotides

Molecules that play an important role in rebuilding rapidly dividing immune cells that help fight off infection.<sup>11</sup>

## What nutrition does IMPACT® Advanced Recovery provide?

One 250mL serve of IMPACT® Advanced Recovery includes:



<sup>^</sup>Includes 6.3g L-arginine per 250mL.

# Your IMPACT® Advanced Recovery protocol checklist

## Easy to follow “5&5” routine

Drink 2 cartons each day for 5 days before & 5 days after surgery\*

					1	2
3	4	5	Surgery	6	7	8
9	10					

\*Or as recommended by your healthcare professional

Best served chilled or over ice.



Keep this handy checklist with you to track your progress. Tick the box each time you drink a carton of IMPACT® Advanced Recovery.

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

Before Surgery			After Surgery		
	Carton 1	Carton 2		Carton 1	Carton 2
5 days before			1 day after		
4 days before			2 days after		
3 days before			3 days after		
2 days before			4 days after		
1 day before			5 days after		



**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.

# IMPACT® Advanced Recovery after surgery

Be sure to follow the postoperative nutrition recommendations from your healthcare professional. If your healthcare professional recommends continuing IMPACT® Advanced Recovery following your surgery, you can begin as soon as you are able to eat and drink.

## Simple and delicious smoothie recipes

*Makes 1 serving (approximately 400mL)*

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

### Avocado Honey Banana Smoothie

#### Ingredients

- One (250mL) 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 (250mL) 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.



# Simple and delicious smoothie recipes (cont)

Makes 1 serving (approximately 400mL)

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

## Ginger Pear Smoothie

### Ingredients

- One (250mL) 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 (250mL) chilled IMPACT® Advanced Recovery drink
- 2 tsp creamy peanut butter
- ½ medium banana

### Preparation

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



## Quick Flavouring Tips

Pour one (250mL) chilled IMPACT® Advanced Recovery drink into a glass and add **one** of the following:



### 1 tbsp regular or sugar-free syrup

e.g. golden syrup, maple syrup or honey








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

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

**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 before your surgery

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

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 AEST
 SA / WA / NT	Symbion	1300 915 524 (Option 1) 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 AEST
 Other:		

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

IMPACT® Advanced Recovery – Vanilla Flavour	
<b>Product Code</b>	12497527
<b>Packaging</b>	10 x 250mL Tetra Prisma® / case



**References:** 1. Berger A et al. *Surg Infect (Larchmt)*, 2014. 2. Turrentine FE et al. *J Am Coll Surg*, 2015. 3. Lang M et al. *Br J Surg*, 2001. 4. Adiamah A et al. 2019 Aug;270(2):247-256. 5. Ochoa JB et al. *NCP* 2004;19(3):216-225. 6. Calder PC. *Biochem Biophys Act* 2015;1851:469-484. 7. Grimble GK et al. *Curr Opin Clin Nutr Metab Care* 2001;4(1):57-64. 8. Wu G et al. *Amino Acids* 2009;37:153-168. 9. Lovett JE et al. *Ann Plast Surg* 2001;46:269-274. 10. Calder PC. *BBA* 2015;1851:469-484. 11. Hess JR and Greenberg NA. *NCP* 2012;27(2):281-294.

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