

Arctic Chill Preoperative Drink

Purpose

To improve recovery after cesarean surgery by improving metabolism before surgery.

Instructions

On the night before surgery:

- If you want your drink to be cold tomorrow, place the bottle in refrigerator the night before surgery.
- You can skip this step if you want your drink to be at room temperature tomorrow.

On the day of surgery:

- At 3 to 4 hours before surgery, drink the entire 10-ounce bottle.
- This will probably be just before you leave home to come to hospital.
- You can drink all at once, or stretch it out over 20-30 minutes if you prefer.
- You are expected to arrive at hospital 2½ hours before surgery.

Precautions

Diabetes: Do not drink this if you have any type of diabetes (gestational, type 1 or type 2). The bottle contains 50 gm of carbohydrate and can make your blood glucose go high.

Gastric Bypass Patients: If you get nausea and vomiting or “dumping” when eating or drinking a high calorie load, you can consume the drink over a one-hour period, as long as you have finished by 2 hours prior to surgery.

Nausea and Vomiting: If you vomit easily in late pregnancy, you can consume the drink over a one-hour period, as long as you have finished by 2 hours prior to surgery. If the drink makes you vomit, we are sorry that happened. Don't worry about drinking more to replace what you lost.

If you forget: You cannot have any liquids after arrival to the hospital (2½ hours before surgery) because your stomach must be empty for surgery. We won't delay your surgery for the sole purpose of giving you this drink. So we won't give you the drink after you arrive at the hospital.

If your surgery is delayed: For short delays (less than 4 hours) we will not give you a second serving of this drink. If surgery is delayed longer than 4 hours, your doctor will decide whether to repeat the drink.

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