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make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Self - Administration of Preload (Dried Glucose Syrup)

Anaesthesia

In preparation for your operation your surgeon has requested that you take Preload. The Preload pack contains three sachets of dried glucose syrup which you need to take as instructed in this leaflet.

You will receive your pack of Preload during your pre-operative assessment along with this leaflet.

Please ignore the instructions found within the pack.

What is Preload?

Preload is a neutral carbohydrate loading drink mix which aims to enhance your recovery after surgery.

How do I prepare the Preload drink?

- **Step One:** Pour 400mls of water into a cup
- **Step Two:** Add the contents of one sachet of the preload into the cup, stirring continuously until the powder has dissolved.
- **Step Three:** Drink as directed below

When do I take the Preload?

The evening before surgery

- Take one sachet of preload during the evening
- Take the second sachet of preload just before bedtime.

Do not eat any food after midnight

Morning of your surgery

- Take the third sachet of Preload at 6am

Can everyone take Preload?

Important Information: if you have diabetes you should not take Preload. Your Pre-operative Assessment Nurse will advise you on this.

Your Pre-operative Assessment Nurse is:

If you have any questions regarding the administration of the Preload please contact your Pre-operative Assessment Nurse on the following number:

Tel: 0151 706 5787

Textphone Number: 18001 0151 706 5787

If after taking Preload you feel unwell in any way please stop the treatment and contact the nurse in charge of the ward that you are due to be admitted to.

Further information

Pre-operative Assessment Clinic

Tel: 0151 600 1901

Text phone number: 18001 0151 600 1901

Department of Dietetics

Royal Liverpool Hospital

Tel: 0151 706 2120

Text phone number: 18001 0151 706 2120

Broadgreen Hospital

Tel: 0151 282 6473

Text phone number: 18001 0151 282 6473

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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