

Department of surgery

# Preload

## What is Preload?

Preload is a neutral-tasting carbohydrate drink designed to provide the body with energy during a period of starvation.

## What are the benefits of Preload?

Preload prevents your body from being in a state of 'starvation'. Research has shown that your body will recover faster after surgery if you are well hydrated and not in a state of 'starvation'. It can also contribute towards your comfort and reduce thirst.

## Preparation guidelines

Step 1 Measure out 400ml of water into a cup or jug.

Step 2 Add the contents of 1 sachet of Preload into the cup or jug, stirring continuously until dissolved.

Step 3 Drink at the times stated below.

## When do I take Preload?

### If you are having surgery in the morning

The evening before your surgery, drink 1 sachet of Preload with your evening meal and the second sachet at bedtime.

The morning of surgery, drink the third sachet of Preload before 5:30am.

### If you are having surgery in the afternoon\*

The evening before your surgery, drink 1 sachet of Preload at bedtime.

The morning of surgery, drink the second sachet of preload before 7:00am and the third sachet before 10:00am.

\* If the timing of your surgery has not been specified, please follow the instructions for morning surgery.



If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact [patient.information@christie.nhs.uk](mailto:patient.information@christie.nhs.uk)

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week

