

Pre-Op Preparation with CF(Preop)[®]

Part of your preparation before surgery will involve drinking 2 bottles of CF(Preop)[®]. Order your CF(Preop)[®] drinks at least 2 weeks before your surgery date.

What are CF(Preop)[®] drinks?

CF(Preop)[®] drinks are clear and colorless complex carbohydrate drinks that provide hydration and nourishment.

- Available flavors: watermelon, white grape, and strawberry
- Vegan, kosher, halal, gluten-free, dairy-free, and soy-free
- CF(Preop)[®] drink is also known as ClearFast Preop Drink



CF Nutrition © 2023

What are the benefits of drinking CF(Preop)[®]?



- Decreases your risk for complications after surgery
- Lowers your risk of infection
- Reduces the chance of nausea and vomiting after surgery
- Reduces recovery time after surgery

How do I buy CF(Preop)[®]?

- You can buy CF(Preop)[®] from:
 - CF(Preop)[®] website: shop.drinkclearfast.com. Shipping and handling fees are included. Delivery time is 1-2 business days with Express Delivery

- Amazon (shipping and handling fees are included with Prime membership)
- Walmart
- The cost for 2 bottles is around \$13.00
- Order your CF(Preop)[®] drinks at least **2 weeks** before your surgery date

When do I drink CF(Preop)[®]?

	Drink bottle 1: 	Drink bottle 2: 
If you don't have diabetes (or if you have prediabetes)	The night before surgery	2 hours before surgery
If you have diabetes Type 2	The night before surgery	4 hours before surgery
If you have diabetes Type 1	Do not use CF(Preop) [®] if you have Type 1 diabetes.	

Reminders:

- You may need to bring the second bottle to the hospital
- Work with your doctor to decide what your insulin dose should be

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan

Author: Colleen Buda, PA-C
 Edited by: Karelyn Munro, BA

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 03/2023