



DEX

Pre-surgery carbohydrate drink

A simple way to stay nourished, hydrated and ready for surgery.

What is DEX?

DEX is a complex carbohydrate drink designed to be used before surgery.

DEX gives your body energy, reduces discomfort while fasting and helps your body recover after surgery.

Fasting means not eating or drinking for a set period of time before surgery. When you are fasting from solid food, you may sip up to 200ml of clear liquids each hour.

DEX is a clear liquid that is safe to drink before surgery.

Why use DEX?

DEX supports your body before and after surgery. It also:

- prevents the effects of prolonged fasting
- keeps you nourished, hydrated and comfortable before surgery
- gives your body extra fuel for your surgery
- helps your body repair itself after surgery
- prevents your muscles breaking down during fasting
- lowers the chance of nausea after surgery
- helps you recover faster and get home sooner
- supports your immune system and helps reduce the risk of infection.

Ingredients

Water, maltodextrin (25g), natural flavour (peach), sodium citrate.

DEX is free from fat, gluten, lactose, protein and fibre.

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.
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How to use DEX

Follow the fasting instructions your healthcare team gives you.

DEX drinks are a clear fluid, so you can drink these during your clear fluid fasting period.

Two DEX drinks will be available for you to pick up from our Day Surgery Reception. You can sip one DEX drink each hour in the 2 hours before you arrive at the hospital for your surgery.

Stop drinking DEX before you come to the hospital. It is okay if you don't finish both drinks.

Please note, DEX is not recommended if you have diabetes. Please discuss your diabetes and surgical management plan with your endocrinologist, surgeon and anaesthetist.

Contact us

If you have any questions, please speak with your surgical team or the ERAS Clinic.

Enhanced Recovery After Surgery (ERAS) Clinic

Monday to Thursday, 9am to 4pm

T: (03) 8345 3376 - ERAS Clinic

E: ERAS.Clinic@thewomens.org.au

If we can't answer your call, please leave a voicemail. We will call you back as soon as we can.

Do you need an interpreter?



You can ask for an interpreter if you need one.