

# Hydration Instructions Before Surgery

The pre-surgery hydration guidelines should be followed unless otherwise instructed by your surgeon or hospital staff.

## Why should I drink carbohydrates (carbs) before surgery according to research?

- Patients could have better results when they drink carbohydrates (carbs) before surgery. This is also known as carb loading. Focus on clear liquid drinks that contain carbohydrates and NOT sugar free options. The carbohydrates will support the body to handle stress of surgery like when running a marathon.
- Research suggests you may feel more comfortable before surgery such as feeling less thirsty, hungry, and anxious. Carb loading could optimize blood sugar control after surgery. You could also have a shorter hospital stay and a rapid recovery.

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## THE NIGHT BEFORE SURGERY

Drink one of these options before your surgery:

- 2 Bottles Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink

**OR**

- 16 fluid ounces (2 cups) Gatorade or equivalent carb containing sports drink

- Do NOT eat any solid food after midnight unless otherwise instructed by your surgeon or hospital staff.

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## THE DAY OF SURGERY

Drink one of these prior to leaving the house to go to the hospital (approximately 2-3 hours before your surgery):

- 1 Bottle Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink

**OR**

- 16 fluid ounces (2 cups) Gatorade or equivalent carb containing sports drink

## What other allowed CLEAR FLUIDS can I drink the day of surgery?

Please follow instructions carefully or your surgery may be canceled.

Allowed	DO NOT CONSUME
Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink	Milk or Dairy Products
Gatorade or equivalent carb containing sports drinks (i.e. Powerade)	Citrus Juices
Water	Prune Juice
Apple or Cranberry Juice (no pulp)	Juices with Pulp
Plain Coffee or Tea. No milk or creamer.	Alcoholic Beverages