

Hydration Instructions Before Surgery

Guidelines should be followed, **unless otherwise instructed by your surgeon or hospital staff.**

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

- Drinking **CLEAR LIQUID** drinks with carbohydrates (carbs) and stopping 2 hours before surgery can help your body handle stress from the surgery. This is called carb loading. Do not choose sugar-free drinks. Carbs give your body energy, help keep blood sugar steady, and may help you feel less hungry, thirsty, and anxious. Carb loading may also help you recover faster.
- Patients with certain medical conditions **may be EXCLUDED** from hydration protocol. These conditions may be **hiatal hernia, diabetes, esophageal surgery, acid reflux disease, history of difficult intubation, chronic opioid use, neurologic disease, and obesity.**

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.

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. **All clear liquids must be stopped 2 hours prior to surgery.**

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