

## Enhanced Recovery Program

# Nutrition and Hydration

### ONE WEEK PRIOR TO SURGERY

Proper nutrition and hydration can help your body prepare for and recover from surgery.

- Prepare healthy and balanced meals that include foods from all food groups: protein, whole grains, vegetables, fruits, dairy or non-dairy alternative to help optimize your recovery.
- Include high quality protein such as poultry, lean meat, fish, eggs, meat alternatives, beans, legumes, low fat yogurt and cheese, and nuts/seeds to your meals and snacks to help the body prepare and heal before and after your surgery. Be sure you meet your daily needs (about 6-12 ounces per day) depending on individual needs.
- Consume adequate fiber from whole grains, fruits, vegetables, beans, legumes, and nuts/seeds to help promote a healthy digestive tract.
- Consume adequate intake of water and non-alcoholic fluids. Drink at least 8 cups of fluid per day. Hydration promotes healing.
- Avoid crash dieting before and after your surgery to ensure adequate intake of nutrients and energy for recovery. If weight loss is recommended, no more than 1-2 pounds per week is suggested.

### THE DAY BEFORE SURGERY

**Drink one of these 8-10 hours before your surgery:**

- 16 fl oz (2 cups) Gatorade

**OR**

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

- Do NOT eat any solid food after midnight unless otherwise instructed by your surgeon

### 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) unless otherwise instructed by your surgeon:**

- 16 fl oz (2 cups) Gatorade

**OR**

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

### Why should I drink extra carbohydrates before surgery?

Patients have better results when they hydrate and drink extra carbohydrates (carbs) before surgery. Carb loading helps your body handle the stress of surgery.

### How does carb loading improve my outcomes?

- You will likely be more comfortable both before and after surgery. You will likely feel less thirsty, less hungry, and less anxious.
- You will likely have better blood sugar control after surgery.
- You may have a shorter hospital stay.

## Enhanced Recovery Program

# Nutrition and Hydration continued

### What else can I drink before surgery?

Please follow instructions carefully or your surgery may be canceled.

Allowed	NOT Allowed
Water	Milk or Dairy Products
Apple & Cranberry Juice	Citrus Juices
Gatorade or equivalent sports drinks	Prune Juice
Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink	Juices with Pulp
Plain Coffee or Tea. <b>No milk or creamer.</b>	Alcoholic Beverages

## NUTRITION AND HYDRATION TO-DO CHECKLIST BEFORE YOUR SURGERY

- Review Pre-Admission Packet that includes:
  - Nutrition and Hydration Handout
- Attend Mandatory Pre-Hab Class with Buddy
  - Review Handouts on:
    - Nutrition

### 7 Days before your Surgery

- Focus on Healthy Eating and Hydration
- Purchase the recommended carbohydrate (carb) containing clear liquid beverages

### 1-3 Days before your Surgery

- Drink at least 64 fl oz (8 cups) of fluid per day
- Drink the recommended carbohydrate (carb) containing clear liquid beverage the night before your surgery

### Day of Surgery

- Drink the recommended carbohydrate (carb) containing clear liquid beverage prior to leaving the house
- Buddy must be present for post-operative physical therapy