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.

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