

HOAG ORTHOPEDIC INSTITUTE SURGERY CENTER

Hydration and Nutrition Instructions

THE NIGHT BEFORE SURGERY

Drink one of these the night before your surgery IF recommended by your surgeon:

- 16fl oz (2cups) Gatorade
OR
- 2 Bottles Ensure® Pre-Surgery Carbohydrate **Clear** Nutrition Drink

DO NOT eat any solid food after midnight

THE DAY OF SURGERY

- You may drink clear liquids up to 3 hours before your scheduled surgery time, IF okayed by your surgeon.
- Limit the clear liquid volume to 1½ cups or 12 ounces per hour.

Drink one of these 2-3 hours before your surgery, IF recommended by your surgeon:

- 16fl oz (2cups) 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.

What clear liquid can I drink and NOT drink the morning of surgery?

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

Individuals with obesity, diabetes, gastroparesis, or any known delayed stomach emptying issues are not to drink liquids after midnight.

Follow instructions carefully or your surgery may be canceled.



7-14 DAYS BEFORE 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.