

## Nutrition Before Surgery



### Instructions for *Clear* Carbohydrate Drink

Evening Before Surgery	Day of Surgery
<ul style="list-style-type: none"> <li>Follow schedule below so you know when to drink pre-surgery clear carbohydrate drink</li> <li><b>**No solid food (including gum and mints) after midnight, but may have clear liquids**</b></li> </ul>	<ul style="list-style-type: none"> <li>Drink bottle(s) per schedule below. Start last bottle 3 hours before surgery time and finish within 1 hour. <u><b>Drink should be finished 2 hours before surgery.</b></u></li> <li>Do <u>not</u> eat, drink, or chew anything else after finishing the pre-surgery clear carbohydrate drink</li> </ul>

You may have clear liquids such as clear water, Jell-O® Broth, Juice (apple, white grape juice, cranberry), and black tea or coffee with **NO cream or milk** up until 4 hours before your surgery time.

### CARBOHYDRATE LOADING PROTOCOL

Surgical Start Time	First Bottle	Second Bottle	Last Bottle (Day of Surgery) Finish 2 hours before surgery
<input type="checkbox"/> 7:30AM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 10:00PM (Before Bed)	<input type="checkbox"/> 4:30AM
<input type="checkbox"/> 8:00AM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 10:00PM (Before bed)	<input type="checkbox"/> 5:00AM
<input type="checkbox"/> 9:00AM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 10:00PM (Before bed)	<input type="checkbox"/> 6:00AM
<input type="checkbox"/> 10:00 AM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 10:00PM (Before bed)	<input type="checkbox"/> 7:00AM
<input type="checkbox"/> 11:00AM	<input type="checkbox"/> 10:00PM (Before Bed)	<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 8:00AM
<input type="checkbox"/> 12:00PM	<input type="checkbox"/> 10:00PM (Before Bed)	<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 9:00AM
<input type="checkbox"/> 1:00PM	<input type="checkbox"/> 10:00PM (Before Bed)	<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 10:00AM
<input type="checkbox"/> 2:00PM	<input type="checkbox"/> 10:00PM (Before Bed)	<input type="checkbox"/> 7:00AM	<input type="checkbox"/> 11:00AM
<input type="checkbox"/> 3:00PM	<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 9:00AM	<input type="checkbox"/> 12:00PM
<input type="checkbox"/> 4:00PM	<input type="checkbox"/> 7:00AM	<input type="checkbox"/> 10:00AM	<input type="checkbox"/> 1:00PM

You may drink additional water up until the **"last bottle"** time, then nothing by mouth after that time. Be sure you have completed your last drink 2 hours before your scheduled surgery time.

**\*\* Do not drink if insulin dependent diabetic \*\***