

# Preoperative Nutritional Support

Traditionally, patients fasted before surgery. The rule was: nothing by mouth after midnight, with the exception of prescription medicine with a sip of water.

Under the Enhanced Recovery After Surgery protocol, that practice has been discontinued.

Consuming a clear carbohydrate drink two hours before surgery decreases postoperative nausea, vomiting, and prolonged inflammatory response.

A 10-ounce bottle of Ensure Pre-Surgery Clear Carbohydrate Drink, which supplies carbohydrates and antioxidants, should be consumed the night before surgery, and another bottle at least two hours before your operation.

Diabetic patients are to only consume the carbohydrate drink the evening before surgery, and not the day of surgery.

Taking in these fluids will help sustain your energy and prevent dehydration.

Ensure Pre-Surgery will be provided to you as part of your preparation for surgery.

Questions? Please call your surgeon's office.

Notes:

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**Total Joint Replacement**



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