

Diet

It is important to recognize, surgery is equivalent to preparing your body for a marathon. Prior to surgery, you will be asked to eat a healthy diet.

We ask our enhanced recovery surgical patients to eat high protein foods such as:

- Dairy
- Meat
- Beans
- Legumes
- Soy products
- Eggs

The goal is having good nutrition all the way up the date of surgery to ensure adequate healing afterwards.

Eating or Drinking the day Before Surgery

- No heavy meals past 8 pm, you can snack up until midnight.
- No eating past midnight
- You **can drink clear liquids, a max total of 16 ounces, 2 hours before** your surgery
 - **Except those patients** who have
 - **Diabetes**
 - **Gastroesophageal Reflux Disease (GERD)**
 - **a BMI >39,**
 - **known Gastroparesis (slow moving gut)**
- Mints, hard candy and gum are not allowed past midnight

Additionally, we ask our patients to drink an ensure pre-surgery clear carbohydrate drink the night before as well as the morning of surgery depending on each individual's Enhanced Recovery clinical pathway.

This has been proven as a safe and effective way of reducing the body's stress response to surgery. Carbohydrate loading also diminishes pre-operative thirst, hunger, and anxiety resulting in reduced post-operative dehydration, insulin resistance, and fatigue.