

The Road to Recovery

The UH ERAS way

Carb-Loading and Fasting Before ERAS Surgery

You have been scheduled for surgery and your surgeon has chosen that you can use the latest guidelines for preparing for surgery that will help you recover quicker. These guidelines are called ERAS (Enhanced Recovery After Surgery).

This means that you can drink up to **13.5oz** of clear liquid on the morning of surgery.



This could be any clear liquid but might be a special drink called Ensure pre-surgery.

A clear liquid is anything you can see through if it is in a drinking glass.

If you are given this drink you will be given instructions on how and when to drink it.

If you have Diabetes there are special instructions for you.

If you are not given this drink you can drink up to 10oz of a full-sugar sports beverage before surgery such as Gatorade or Powerade (no red or purple).

Patients who drink clear liquids on the morning of surgery have

- More stable blood sugars after surgery
- Better outcomes
- Spend less time in the hospital
- Less nausea
- Less anxiety



You need to stop drinking:

2 hours before your hospital arrival time

*Your pre-op nurse will ask you when the last time you had anything to eat or drink. They want to know that you have had clear liquids and carb-loading the morning of surgery.