



ERAS Recommendations for Nutrition

Nutrition:

- The evening prior to surgery eat a well- balanced diet
- Avoid alcohol and fatty foods
- Stop all solid foods 10 hours prior to your scheduled surgery.
- Clear liquids are encouraged up until 2 hours prior to your scheduled check in.

Day of Surgery:

- **Clear liquids only** ten hours prior to surgery
- Two (2) hours prior to check in, drink one 10 ounce **PRE-SURGERY clear** ensure carbohydrate drink. Please note: pre surgical clear not regular ensure. If unavailable, please substitute 10 ounces of Gatorade.
- Please contact your physician's office with any questions.