

**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.

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