



Carbohydrate Loading Before Your Spine Surgery

Why do I need to carbohydrate load before my surgery?

Carbohydrates are foods rich in sugars and starches. “Carbohydrate loading” means consuming carbohydrates before surgery. Research has shown that this decreases discomfort before surgery by reducing hunger, thirst and anxiety. More importantly, it can decrease nausea and vomiting after surgery, and may shorten your hospital stay.

What supplies do I need?

- **Carbohydrate drink:** Buy at least 36 ounces of **No Sugar Added, 100% pure white grape juice (no substitutions)**. You may need to buy a 64 ounce bottle or two 32 ounce bottles of this juice.

What are my instructions for the day before surgery?

The entire day before surgery you may eat normally until midnight.

- Between 7pm and 10pm, drink 24 ounces of the carbohydrate drink (100% pure, no sugar added, white grape juice).

What do I need to do the day of my surgery?

- Drink the last 12 ounces of the carbohydrate drink (100% pure, no sugar added, white grape juice). Aim to finish about 3 hours before your scheduled surgery time. You may need to drink it on your drive to the hospital, depending on the time of your surgery.
- If you are on a fluid restriction, include this amount of juice in your restriction.

- **You must not eat or drink anything else** except for water and the juice mentioned above. You will be asked to stop water or juice approximately two hours prior to arrival for your surgery.

Who do I call if I have questions?

- If you have questions or concerns, please call (734) 936-5780.
- If it is after hours, a holiday, or a weekend, you may call the paging operator at (734) 936-6267 and ask for the Orthopaedic Surgery Resident on-call.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 7/2021