

# Carbohydrate Loading Before Your Joint Surgery

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## Why do I need to carbohydrate load before my surgery?

**Carbohydrates** are foods and drinks rich in sugars and starches. **Carbohydrate loading** means drinking carbohydrates before surgery. Research has shown that carbohydrate loading can:

- Decrease discomfort before surgery by reducing your hunger, thirst, and anxiety
- Decrease nausea and vomiting after surgery
- Help shorten your hospital stay

Follow the instructions below for carbohydrate loading before your surgery.

Please note that there are different instructions for patients with and without diabetes. **Patients with diabetes will only drink water** as part of their surgery prep, so that their blood sugar is controlled during surgery.

## Instructions for patients without diabetes:

### What supplies do I need?

Buy at least 36 ounces (oz) of no sugar added, 100% white grape juice to use as your carbohydrate drink.

- If you can't find no sugar added white grape juice, you can use 36 oz of any color Gatorade® instead of white grape juice.
- If you can't get Gatorade®, you can drink water instead. Drinking water is still better for your surgery preparation than drinking nothing.

**What are my instructions for the day before surgery?**

- During the day before your surgery, you may eat normally until 12:00 AM (midnight). After that, stop eating all foods. Do not eat anything until from now until after your surgery.
- Between 7:00-10:00 PM the night before your surgery, drink 24 oz of the carbohydrate drink (no sugar added 100% white grape juice).

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

- Drink the last 12 oz of the carbohydrate drink (no sugar added 100% white grape juice). Try 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.
- Do not drink anything else except for water and the carbohydrate drink. You will be asked to stop drinking water or juice about 2 hours before you arrive for your surgery.

**Instructions for patients with diabetes:****What are my instructions for the day before surgery?**

- During the day before your surgery, you may eat normally until 12:00 AM (midnight). After that, stop eating all foods. Do not eat anything until from now until after your surgery.
- Between 7:00-10:00 PM the night before your surgery, drink 24 oz of water.

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

- Drink 12 oz of water. Try 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 water in your restriction.
- Do not eat or drink anything else except for water. You will be asked to stop drinking water about 2 hours before arriving 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.

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