This handout explains why drinking extra carbohydrates (carbs) before surgery is helpful. It also tells how to do your carb loading.

**How do I carbohydrate load?**

- The night before surgery, drink **one** of these:
  - 1 carton (8 oz.) Boost Breeze nutritional drink
  - 16 oz. (480 ml) apple or cranberry juice
- On the day of your surgery, **2 hours before** you arrive at the hospital, drink **one** of these:
  - 1 carton (8 oz.) Boost Breeze nutritional drink
  - 8 oz. (240 ml) apple or cranberry juice

**Why should I drink extra carbohydrates before surgery?**

We find that patients have better results when they drink extra carbohydrates (carbs) before surgery. Carb loading helps your body handle the stress of surgery.

**How does carb loading improve my surgery outcome?**

If you drink extra carbs before your surgery:

- You will likely be more comfortable both before and after surgery. You will likely feel less thirsty, less hungry, and less anxious.
- You will likely have better blood sugar control after surgery.
- Your bowels will return to normal function more quickly after surgery.
- You may even have a shorter hospital stay.
What else can I eat or drink before surgery?

- You may eat a large meal **up to 8 hours before** you arrive for surgery.
- You may eat a light, low-fat meal **up to 6 hours before** you arrive for surgery.
- You may drink clear liquids such as water, plain tea or coffee (no milk or creamer), clear broth, Gatorade, soda, or apple juice **up to 2 hours before** you arrive for surgery.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Nutrition Services: 206.744.4612, weekdays 6 a.m. to 6 p.m.

Operating Room: 206.744.8800, weeknights 6 p.m. to 6 a.m.