



## ENHANCED RECOVERY AFTER SURGERY (ERAS) HYDRATION PROTOCOL

The Center for Minimally Invasive Surgery continues to strive to provide the best care and surgical experience possible for our patients. With that goal in mind, we utilize an Enhanced Recovery After Surgery Protocol (ERAS). This pre-surgical hydration protocol helps to better serve our patients and provide better surgical outcomes. Studies have shown that pre-surgical hydration **DECREASES**:

- Hunger sensation while fasting prior to procedure
- Post-operative nausea and vomiting
- Patient anxiety
- Pain responses, leading to decreased narcotic use
- Infection risk
- Muscle wasting, which leads to improved physical performance post-operatively

### Protocol Guidelines

You will be asked to follow the appropriate protocol based on your personal diabetic/non-diabetic status. The guidelines for each are provided in the chart below. Please contact our CMIS Preadmission nurses at 708-478-8061 should you have any specific questions regarding the protocol.

PROTOCOL	NON-DIABETIC	DIABETIC
<b>Night and Morning Before Surgery Hydration</b>	Drink up to 32 oz. before bedtime and again 8 oz. 2 hours BEFORE your arrival time to the surgery center	Drink up to 32 oz before bedtime and again 8 oz. 2 hours BEFORE your arrival time to the surgery center . <b>Patients on GLP's/SGLT2's may NOT drink in AM before arrival to surgery center</b>
<b>Acceptable Drinks</b>	Body Armor (Best Option) Gatorade Powerade May use water if options not tolerated	Body Armor Lyte (BEST OPTION) Gatorade G2 May use water if options not tolerated
<b>Acceptable Drinks</b>		
<b>Unacceptable Drinks</b>	<b>DO NOT DRINK RED COLOR FLAVORS</b> <b>DO NOT DRINK CAFFEINATED OPTIONS</b> <b>(i.e. Body Armor Edge)</b> <b>DO NOT DRINK ZERO SUGAR OPTIONS</b>	<b>DO NOT DRINK RED COLOR FLAVORS</b> <b>DO NOT DRINK CAFFEINATED OPTIONS</b> <b>(i.e. Body Armor Edge)</b>
<b>Unacceptable Drinks</b>	