

Instructions for High Carbohydrate Pre-Op Drinks Before Colon and Rectal Surgery

Research shows that drinking high carbohydrate drinks before surgery improves well-being and recovery from surgery. You will drink a larger portion the evening before surgery and a half-size portion on the day of surgery.

Do not confuse these nutritional drinks with the Gatorade® used in the bowel prep for surgery – you will receive separate instructions for a laxative prep to cleanse the bowel.

These High Carbohydrate Drinks are NOT ALLOWED for persons with Diabetes.

Several days before your surgery date, purchase a small can of powdered Gatorade® called GATORADE PERFORM 02 Instant Powder Mix. It is usually available in lemon-lime or fruit punch flavors. This drink formula is available for purchase at many grocery stores. Make sure you purchase the correct type of powdered Gatorade. DO NOT purchase *Low Calorie* version of Gatorade®- it is not the right kind for these high carbohydrate drinks.



Instructions – Day Before Surgery:

- In the morning on the day before your scheduled surgery add 12 measured tablespoons of GATORADE PERFORM 02® Instant Powder Mix to a large pitcher and fill it with 1200 mL or 5 cups cold water. (Do not use the scoop that comes with the powdered mix). Mix until completely dissolved. Chill in the refrigerator until needed. Follow these directions closely; do not follow the directions on the can of Gatorade® powder.
- In the evening before surgery fill a large glass or travel cup with 800 mL or 3 ½ cups of the gatorade mixture. Save the remaining portion for the next morning.
- Begin to slowly sip this drink over a few hours starting at 6 p.m.
- You should finish this portion of the high-carb drink before 10 p.m.

Instructions – Day of Surgery:

- On the day of surgery fill a travel cup or drink bottle with the remaining 400 mL or 1 ½ cups of the gatorade mixture.
- Do not drink more than 400 mL (1½ cups).
- Slowly sip this drink on your way to the hospital. You must finish the drink 2 hours before your scheduled surgery time. For instance- if surgery is at 9 a.m., you must finish the drink or stop drinking by 7 a.m.
- **If you have Diabetes you should NOT drink these High Carbohydrate drinks or surgery may be cancelled.**