



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 before 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 Nurse Navigator at 219- 961-9621 ext 213 should you have any specific questions regarding the protocol.

PROTOCOL	NON-DIABETIC	DIABETIC
Night Before Surgery Hydration	Facility will provide individual patient instructions	Drink up to 32 oz before midnight
Acceptable Drinks	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
Acceptable Drinks		
Unacceptable Drinks	DO NOT DRINK RED COLOR FLAVORS DO NOT DRINK CAFFEINATED OPTIONS <i>(i.e., Body Armor Edge)</i> DO NOT DRINK ZERO SUGAR OPTIONS	DO NOT DRINK RED COLOR FLAVORS DO NOT DRINK CAFFEINATED OPTIONS <i>(i.e., Body Armor Edge)</i>
Unacceptable Drinks	