



PIH Health Joint Total Joint Replacement Program

Nutrition & Hydration Guidelines

ONE WEEK BEFORE SURGERY

It is important to provide your body with proper nutrition and hydration to prepare for surgery and the recovery period.

- Create healthy and balanced meals that include foods from all food groups including: fruits, vegetables, whole grains, lean proteins and dairy.
- Ensure you increase your protein intake with high quality proteins including: poultry, fish, turkey, meat alternatives, beans, eggs, yogurt, cheese and nuts.
- In order to promote a healthy gastrointestinal tract, eat adequate amounts of fiber from foods including: whole grains, fruits, vegetables, legumes, seeds and nuts.
- Drink at least 8 cups of fluids (preferably water) per day. Avoid alcohol and sugary drinks.

THE DAY BEFORE SURGERY

- Drink 16 fl oz. (2 cups) of Gatorade or equivalent sport drink 8-10 hours before your surgery.
- Do NOT eat any solid foods after midnight.
- Do not drink any alcohol.

THE DAY OF SURGERY

- When you arrive in the Surgical Admitting Unit, you will be given Ensure Clear Nutrition Drink two hours before your surgery. This allows for your body to receive adequate carbohydrates, which aids in preventing post-operative nausea, thirst and hyperglycemia.



NUTRITION & HYDRATION TO-DO CHECKLIST BEFORE SURGERY

- Review nutrition information in your Total Joint Replacement Binder

7 DAYS BEFORE SURGERY

- Increase protein intake
- Focus on healthy eating and hydration
- Purchase Gatorade or equivalent sports drink

3 DAYS BEFORE SURGERY

- Drink at least 8 cups of water per day

2 DAYS BEFORE SURGERY

- Drink at least 8 cups of water per day

1 DAY BEFORE SURGERY

- Drink at least 8 cups of water per day
- Drink 2 cups of Gatorade or equivalent sports drink 8-10 hours before surgery
- Stop eating solid foods at midnight

DAY OF SURGERY

- Do not eat solid foods.** You will be given your pre-operative Ensure Clear drink in the Surgical Admitting Unit.