

Colon Resection Patients: Carbohydrate Loading before Surgery

What is carbohydrate loading?

Carbohydrate is a source of energy. “Loading” means making sure your body has carbohydrates. Drinking carbohydrates the day before and the day of surgery can help provide energy for healing and improve recovery.

Applicable only for non-diabetics and type 2 NON-INSULIN dependent diabetics.

Why is carbohydrate loading important before surgery?

- Your body needs energy for healing after surgery. If your body cannot get enough energy from carbohydrates, some of the protein in your muscles may start to break down. This can make you feel tired and weak. This can also delay how fast your incision heals.
- Carbohydrate helps control blood sugar levels. This is important even if you do not have diabetes.
- Carbohydrate loading may also help prevent nausea and vomiting following surgery.

What carbohydrate will I use for loading to prepare for my surgery?

- 100% white grape juice – any brand. (An alternative is a product called ‘ClearFast’ that can be purchased online)

Day before Surgery

- At dinnertime, drink 12 oz.
- Again at bedtime, drink 12 oz.

Day of Surgery

- Drink 12 oz. within 2-3 hours of scheduled surgery, completing no later than 2 hours prior to scheduled surgery time.
- You may freely consume clear liquids until 2 hours prior to scheduled surgery time.