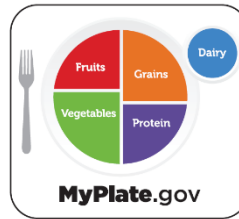


Diet information for your upcoming joint procedure



Fourteen days prior to surgery

- Eat well-balanced meals. Refer to: <https://www.myplate.gov/>
- Focus on foods rich in protein such as:
 - Meats (beef, chicken, pork)
 - Fish
 - Eggs
 - Milk, cottage cheese and yogurt (especially Greek)
 - Tofu and soy
 - Dried beans
 - Seeds, nuts and nut butters
 - Protein drinks
 - Protein bars
 - Protein powder (whey)
- **STOP** all nutritional and herbal supplements (vitamins/minerals/herbals).
- Exception – the following are okay to continue: calcium, iron & vitamin D.

The day before day of surgery

- Follow your regular diet until 6 hours before surgery.
- At midnight before surgery you may have up to 20 oz. of carbohydrate-rich liquids.
- 2 hours before surgery you may have up to 10 oz. of carbohydrate-rich liquids.
 - Exception: Those with gastroparesis may have a carbohydrate-rich drink 2-3 hours before surgery.

Carbohydrate-rich clear liquids allowed:

Apple, cranberry & grape juice
Ensure[®] pre-surgery
Ensure[®] clear nutrition drink
Gatorade
Ginger ale and seltzer
Jell-O[®] and Italian Ice

Liquids not allowed:

Milk or dairy products
(including in coffee and tea)
Citrus juices
Prune juice
Juices with pulp

After arriving at the hospital

Do not eat or drink anything.

After surgery

Drink an oral nutritional supplement such as Boost[®], Boost Glucose Control[®], Carnation Breakfast[®], Ensure[®], Glucerna[®], Premier Protein[®] or other generic protein drink every day for three weeks.