

Pre-Surgical Hydration Instructions

Orthopedic Surgery at AdventHealth Waterman

The Day Before Surgery

- Drink an Ensure High Protein the day before surgery.
- Do not eat or drink after midnight the night before surgery.



The Morning of Surgery

- Do not eat or drink the morning of your surgery.
- Drink a 20 oz. bottle of Gatorade on your way to the hospital.




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