



Gatorade G2®

Pre-Surgery Drinks for Patients Who Have Diabetes

Your body burns a lot of energy during surgery. Healthy eating in the weeks and days before your surgery will help your body prepare for the best recovery.

You will be asked to drink 2 (12 ounce) clear Gatorade G2® beverages before your surgery. Gatorade G2 has extra nutrients that can help improve your recovery after surgery. Gatorade G2 is lower in sugar and carbohydrates and is safe for diabetic patients to drink before surgery.

This drink can:

- Help you to feel less thirsty and hungry when you are fasting before surgery
- Reduce nausea and vomiting after surgery
- Help reduce your body's stress response to surgery

A nurse will call you on the business day before your surgery and review these instructions with you. They will also answer any questions you may have.

The Night Before Surgery:

- Drink 1 (12 ounce) bottle

The Morning of Surgery:

- Drink 1 (12 ounce) bottle of Gatorade G2 2 hours before your arrival time to the hospital. For example, if your arrival time is 8 a.m., the beverage should be finished before 6 a.m.
- Arrival Time: _____
- Finish drinking beverage by: _____

Additional Information about Gatorade G2:

- Gatorade G2 can be kept in the refrigerator or poured over ice.
- Gatorade G2 is gluten-free and safe for people who have lactose intolerance.
- Gatorade G2 is kosher.
- Avoid red Gatorade G2.
- Do not substitute with any other drink unless your doctor or UPMC staff tell you to.