

Pre-Surgical Carb-Drink Reminder

Please remember to drink your approved carb drink 2 hours before your arrival time to the hospital on the day of your spine surgery. 😊



Approved Carb drinks:	Pre-Surgical Ensure STTAR CLINIC PATIENT	100% White grape Juice	Yellow, white, or blue flavor Regular Gatorade
Diabetic	Half Bottle (5OZ)	5 OZ	5 OZ
NOT Diabetic	Full Bottle	10-12 OZ	10-12 OZ

- IF you attended Troy's STTAR clinic you should have received the ENSURE pre-surgical clear carb drink.
 - o **Diabetic:** Drink ONLY 5 oz (HALF of the bottle)
 - o **NOT diabetic:** Drink Full Bottle
- IF you did not attend Troy's STTAR clinic or do not have the pre-surgical Ensure available, you may drink an approved alternative:
 - o **Diabetic:** ONLY 5 oz of 100% White grape juice OR 5 oz of yellow, white, or blue flavor regular Gatorade.
 - o **NOT diabetic:** 10-12 oz of 100% White grape juice OR 10-12 oz of yellow, white, or blue flavor regular Gatorade.