1. **CLEARFAST SPECIFIC:** Morton V, Puskarich J. *Colorectal and Bariatric Enhanced Recovery After Surgery in a Non-Academic Institution in Collaboration with a Private Anesthesiology Group* erasusa.org website. (ClearFast was specifically used)


3. **CLEARFAST SPECIFIC:** [Click here](#) for the Sharp Pilot Study which specifically used ClearFast and yielded results that patients were 550% more comfortable than having nothing at all before surgery.

**Pre-op Carb Loading Reduces Hospital Length of Stay (LOS)**


Pre-op Carb Loading Reduces Post-op Insulin Resistance (PIR)


17. Ljunggren S, Hahn RG Oral nutrition or water loading before hip replacement surgery; a randomized clinical trial. BMC Trials 2012;13:97


**Post Op Nausea & Vomiting (PONV)**

