

Intermittent Fasting Versus Carbohydrate Drinks Before Surgery

NCT05760339

Status	RECRUITING
Phase	Not Applicable
Sponsor	Academisch Medisch Centrum - Universiteit van Amsterdam (AMC-UvA)
Enrollment	75 participants

Key Eligibility Criteria

Inclusion (5)

- Undergoing elective orthopaedic surgery;
- Intermediate, major or complex surgery according to the Surgical Outcome Risk Tool (SORT; <http://www.sortsurgery.com/>) severity of surgery classification;
- Scheduled for surgery at least 17 days from the date of screening;
- Motivated to follow a time restricted feeding regimen.
- Willing and able to provide written informed consent.

Exclusion (10)

- History of diabetes mellitus;
 - History of feeding or eating disorders;
 - History of delayed gastric emptying or gastro-oesophageal reflux
 - Active malignancy
 - Patients classified as ASA IV by the attending anaesthetist;
- ... and 5 more (see full listing online)

Locations (1 total)

Amsterdam UMC location AMC, Amsterdam, North Holland, Netherlands