

ERAS-Based Preoperative Nutrition and Fasting in Total Knee Arthroplasty

NCT07336160

Status	RECRUITING
Phase	Not Applicable
Sponsor	Nermin Ocaktan
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (5)

- Adults aged 18 years and older.
- Patients scheduled for elective total knee arthroplasty.
- Patients expected to be hospitalized for at least 48 hours postoperatively.
- Ability to communicate verbally and provide informed consent.
- Patients with adequate cognitive and neurological capacity to understand study procedures.

Exclusion (5)

- Presence of any chronic disease requiring fluid restriction.
- Diagnosed cognitive impairment or psychiatric disorders affecting comprehension (e.g., Alzheimer's disease, dementia, psychotic disorders).
- Acute conditions causing dehydration in the preoperative period (e.g., vomiting, diarrhea, excessive fluid loss).
- Intraoperative complications requiring intensive care unit admission.
- Postoperative follow-up shorter than 48 hours due to early discharge or transfer to another clinic.

Locations (1 total)

Ac1badem Health Group Atakent Hospital, Istanbul, Istanbul, Turkey (Türkiye)