

**Article title:** Preoperative carbohydrate loading in elective colorectal surgery: postoperative complications and outcomes, a systematic review and meta-analysis

**Journal:** International Journal of Colorectal Disease

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**Online Resource 1: Search strategies**

**MEDLINE (via PubMed):** The following search algorithm was entered into the PubMed search interface using standard search settings: (“Preoperative Carbohydrate” OR “Oral Carbohydrate” OR Carbohydrate) AND (“Colorectal Surgery” OR Colectomy).

**Scopus:** The same search algorithm was entered into the Scopus search interface using standard search settings.

**Cochrane CENTRAL (via Wiley):** The same search algorithm was entered into the Cochrane CENTRAL search interface using standard search settings.

The final literature search was conducted on 1 August 2025. No date restrictions were applied. Language restrictions were applied at the study selection stage as described in the eligibility criteria.