

Search Strategy

Time frame and Filters:

The database was searched from 2013 to July 2025. The search was restricted to **randomized controlled trials only**. No additional filters were applied. Searches were limited to studies published in English due to feasibility and resource constraints, which has been acknowledged as a potential source of language bias.

Pubmed :

("Perioperative Care"[Mesh] OR "Preoperative Care"[Mesh]) AND ("Dietary Carbohydrates"[Mesh] OR "Carbohydrates"[Mesh] OR "Nutritional Support"[Mesh] OR "Dietary Supplements"[Mesh] OR "Administration, Oral"[Mesh] OR oral carbohydrate* OR carbohydrate loading OR carbohydrate drink* OR oral nutrition) AND ("Orthopedic Procedures"[Mesh] OR "orthopedic surgery" OR orthopaedic surgery OR joint replacement OR hip replacement OR knee replacement OR spinal surgery OR fracture surgery)

Cochrane :

1/ ("Perioperative Care"[Mesh] OR "Preoperative Care"[Mesh]) AND ("Dietary Carbohydrates"[Mesh] OR "Carbohydrates"[Mesh] OR "Nutritional Support"[Mesh] OR "Dietary Supplements"[Mesh] OR "Administration, Oral"[Mesh] OR oral carbohydrate* OR carbohydrate loading OR carbohydrate drink* OR oral nutrition) AND ("Orthopedic Procedures"[Mesh] OR "orthopedic surgery" OR orthopaedic surgery OR joint replacement OR hip replacement OR knee replacement OR spinal surgery OR fracture surgery)

2/ (Dietary Carbohydrates OR carbohydrate loading OR carbohydrate drink OR carbohydrate treatment OR carbohydrate solution OR "oral nutrition) AND (Orthopedic Procedures OR Surgical Procedure OR orthopedic surgery OR fracture surgery)

Scopus:

(TITLE-ABS-KEY ("Perioperative Care" OR "Preoperative Care")) AND (TITLE-ABS-KEY ("Dietary Carbohydrates" OR "Carbohydrates" OR "Nutritional Support" OR "Dietary Supplements" OR "oral carbohydrate*" OR "carbohydrate loading" OR "carbohydrate drink*" OR "oral nutrition")) AND (TITLE-ABS-KEY ("Orthopedic Procedures" OR "orthopedic

surgery" OR "orthopaedic surgery" OR "joint replacement" OR "hip replacement" OR "knee replacement" OR "spinal surgery" OR "fracture surgery"))