

**Supplemental Table 3.** Schematic timeline of preoperative carbohydrate administration, sample collection and assessment of patients reported outcomes

Time	Day prior to surgery	Operative day	First postoperative day
6:00		400 ml of oral honey solution or commercially available clear carbohydrate solution	
8:00	Routine laboratory tests,	Routine laboratory tests,	Routine laboratory tests,
	interleukin-6 levels,	interleukin-6 levels,	interleukin-6 levels,
	cortisol levels	cortisol levels	cortisol levels
		OPERATION	Patient-reported outcomes
16:00	cortisol levels	cortisol levels	cortisol levels
		Paracetamol test	
19:00-24:00	800 ml of oral honey solution or commercially available clear carbohydrate solution		