

Preop diet				Control				Mean Difference		Mean Difference		Risk of Bias										
Study or Subgroup	Mean [minutes]	SD [minutes]	Total	Mean [minutes]	SD [minutes]	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	A	B	C	D	E	F	G	H	I	J	K		
Burnand 2016 (lap chole, VLCD)	27.25	5.75	21	63	37.5	25	23.1%	-35.75 [-50.65, -20.85]														
Hollis 2020 (various gen surg, VLCD)	89.9	29.3	23	107.5	41.4	23	19.5%	-17.60 [-38.33, 3.13]														
Barth 2019 (liver resection, VLCD)	246	72	30	258	90	30	10.0%	-12.00 [-53.24, 29.24]														
de Luis 2012 (joint replacement, LCD)	86.5	21.8	20	91.8	41.7	20	19.6%	-5.30 [-25.92, 15.32]														
Inoue 2019 (gastrectomy, VLCD*)	368.25	92.75	27	372	56	23	9.8%	-3.75 [-45.56, 38.06]														
Liang 2018 (hernia repair, general healthy eating)	102.3	55.8	44	91	49.2	34	18.0%	11.30 [-12.05, 34.65]														
Total (95% CI)			165			155	100.0%	-12.27 [-28.42, 3.87]														

Heterogeneity: Tau² = 235.60; Chi² = 13.40, df = 5 (P = 0.02); I² = 63%
Test for overall effect: Z = 1.49 (P = 0.14)