

Eating and Drinking Instructions before Surgery

Eating Instructions: Do NOT eat after 11pm the night before your surgery.

- No solid food, mints or chewing gum

Drinking Instructions: You may have non-carbonated clear liquids until 2 hours before the scheduled surgery.

- For example, if your surgery is scheduled for 9 am do not drink anything after 7am. This is the same time you are to arrive at the hospital.

The ONLY Clear liquids you can have are:

- Sports drinks such as Gatorade – are preferred
- Water (plain or flavored as long as it is non-carbonated and contains no pulp)
- Tea/coffee without milk or cream

Clear liquids may be colored

If you are diabetic:

- You may only have water (plain or flavored as long it is non-carbonated), Crystal Light, coffee/tea without milk or cream
- Test your blood sugar as directed by your doctor and treat hypoglycemia (low blood sugar) with regular (not diet) clear juice or glucose tablets
- If your blood sugar has been low (less than 70mg/dl) or high (greater than 180mg/dl) during the 24 hours before surgery, please, tell the nurse when you check in for surgery.

If your doctor tells you something different, follow the doctor's instructions