



## 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 **check-in time**.

- For example, if your check-in time is 11am do not drink anything after 9am.

**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 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