

Eating and Drinking Instructions Before Surgery

If You Have Diabetes

You **May Not** have anything to **eat** after 11pm the night before your surgery.

You **May** drink clear fluids up to **six** hours before your scheduled **check-in** time. For example, if your scheduled check-in time is 11am do not **drink** anything after 5am. If your doctor tells you something different, follow the doctor's instructions.

You may have these clear liquids:

- Water (plain or flavored as long as it is non-carbonated)
 - Crystal Light
- Tea or coffee 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.