

Eating and Drinking Instructions Before Surgery

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

Drinking Instructions:

Check the box below if you have:

- High blood sugar (Diabetes)
- GERD (Gastroesophageal Reflux Disease)
- Over weight (BMI > 35) [Click here to calculate your BMI](#)
- Taking pain meds (Narcotics)
- Having surgery at Mary Birch

If you checked any of the above boxes you may have non-carbonated clear liquids until 6 hours before the scheduled **check-in** time.

- For example, if your check-in time is 11am do not drink anything after 5am.

If you did not check any of the boxes you may have non-carbonated clear liquids until 2 hours before the **check-in** time.

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

Clear liquids you **can** have:

- Sports drinks such as Gatorade – are preferred
- Water (plain or flavored as long as it is non-carbonated)
- Fruit juices without pulp, such as apple, cranberry, or grape
- Fruit-flavored drinks, such as fruit punch
- Tea or coffee without milk or cream
- Coconut water

Clear liquids may be colored

Clear liquids you **cannot** have:

- Juice with nectar or pulp
- Milk
- Dairy Products
- Fruit or vegetable puree juices (e.g. Naked juice)
- Alcohol
- Kombucha

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