



Eating and Drinking Instructions Before Surgery

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| Eating Instructions | Do NOT eat after 11:00pm the night before surgery ➤ No solid food, mints or chewing gum after 11:00pm |
| 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 11:00am do not drink anything after 9:00am |

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)

Clear liquids may be colored

If you are Diabetic:

- You may only have water (plain or flavored as long as it is non-carbonated) or Crystal Light
- 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