

Eating and Drinking Before Surgery

Follow these instructions or your surgery will be cancelled! This is for your safety, to prevent aspiration (food in your lungs). Aspiration is life-threatening.

Eating

Eat as you always do the day before surgery.

Your last food before surgery should be a low fat snack. **Don't eat meats, eggs, fried foods, peanut butter, or nut butters.**

Stop eating 8 hours before surgery!

Eat Snack A OR Snack B—not both.

Snack A:

- 1 small piece of fruit
- **and** 1 cup cereal (corn flakes or Rice Krispies®)
- **and** ½ cup skim, 1%, or 2% milk

OR

Snack B:

- 1 small piece of fruit
- **and** ½ cup yogurt (2% fat or less)
- **and** 1 slice of toast with jam (no butter, no margarine, no peanut butter or nut butters)

You must stop eating 8 hours before surgery!

Time to stop eating by: _____

Drinking

It's important to drink enough fluids with carbohydrate (sugar) to prepare your body for surgery.

The evening before surgery:

- drink 3 cups of apple juice **OR** cranberry cocktail (not diet or low calorie)

The morning of surgery:

- drink 2 cups of apple juice **OR** cranberry cocktail (not diet or low calorie)

Stop drinking 3 hours before surgery!

Until 3 hours before surgery, you can also drink the clear fluids below:

- water
- black tea (no milk or cream)
- black coffee (no milk or cream)

Do not drink alcohol for 24 hours before surgery.

You must stop drinking 3 hours before surgery!

Time to stop drinking by: _____

Your hospital will call you or you'll be asked to call the hospital the day before surgery to find out the time of your surgery: _____

If your surgeon told you to do a bowel preparation

- Once you start the bowel preparation, you can only drink clear fluids (no food, snacks, or alcohol).
- Follow the directions in the *Drinking* section above.

If you have diabetes or kidney problems (renal failure)

Eating

- Eat as you always do the day before surgery.
- Follow the guidelines under *Eating* on page 1.

You must stop eating 8 hours before surgery!

Time to stop eating by: _____

Drinking

Stop drinking 3 hours before surgery!

Until 3 hours before surgery, you can drink the **sugar-free** clear fluids below:

- water
- black tea (no milk or cream)
- black coffee (no milk or cream)

Don't drink alcohol for 24 hours before surgery.

Follow the daily fluid limit your healthcare provider gave you.

You must stop drinking 3 hours before surgery!

Time to stop drinking by: _____