

Eating and Drinking Before Surgery



Follow these instructions for eating and drinking or your surgery may be cancelled. This is for your safety, to prevent food going into your lungs (aspiration).

If you have any more questions, please call your Pre-Admission Clinic.

Eat as you always do until **8 hours before surgery.**

1 You may eat a final snack before you must stop eating.

Suggested final snacks:

- 1 small piece of fruit and
 - 1 cup cereal with
 - ½ cup milk
- or**
- 1 small piece of fruit and
 - ½ cup yogurt and
 - 1 slice of toast with jam

Do not eat:

meat, eggs, fried food, margarine, butter, peanut butter, or nut butters with your final snack



STOP EATING FOOD after your final snack (8 hours before surgery).

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2 You must drink clear (see-through) **fluids only.**

Clear fluids are water, clear juice, black coffee, or plain tea. (Do not add milk or cream to your coffee or tea.)

Do not drink:

alcohol for 24 hours before surgery

3 You must drink 2 cups (500 mL) **of juice** right before you stop drinking.

Choose either cranberry cocktail **or** apple juice.

Do not drink:

diet, sugar-free, or low calorie juice



STOP DRINKING after your juice (3 hours before surgery).

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Arrive at _____ Hospital at

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Your surgery is at

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