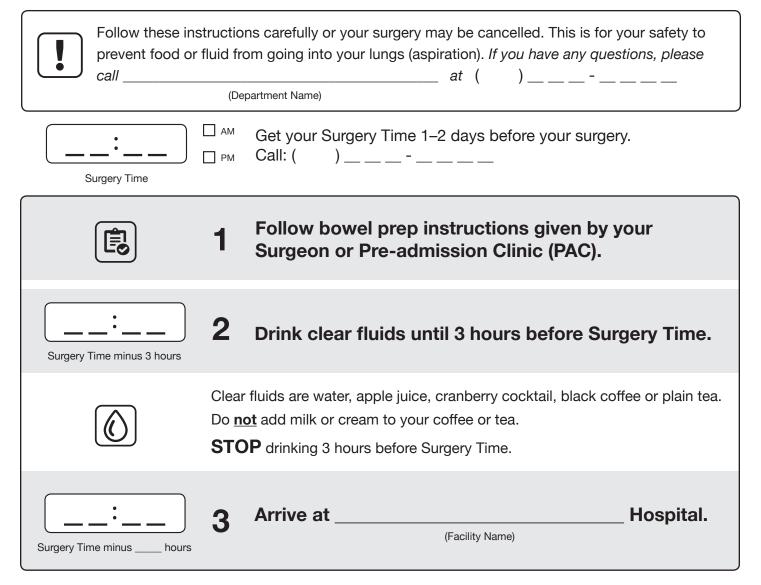
Eating and Drinking Before Surgery: Patient Instructions

Non-Diabetic With Bowel Prep Fasting Only

Bring these instructions to all appointments leading up to your surgery.





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Eating and Drinking Before Surgery: Patient Questions and Answers

Why do I need to follow instructions about eating and drinking before surgery?

It is important to follow the instructions for what to eat and drink before your surgery and when to stop. When food is in your stomach too close to your Surgery Time, you may vomit. If this happens, the vomit could spill into your lungs (aspiration) and affect your breathing as well as cause damage to your lungs.



Aspiration during surgery is dangerous and can cause death.

What happens if I drink past the 3-hour limit?

If you drink past the recommended time limit, there is a chance your surgery will be cancelled and rescheduled. This is to ensure your safety during the surgery.

Why do I need to drink clear fluids before surgery?

Drinking clear fluids before your surgery helps your body stay hydrated and get ready for surgery.

What types of fluids should I avoid before surgery?

- Orange juice or juice with pulp
- Coffee or tea with milk or cream
- Dairy products/milk
- Alcohol for at least 24 hours



STOP drinking alcohol 24 hours before your surgery.



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