

Pre-Surgical Diet Guidelines

The pre-surgical diet guidelines below are for general purposes only. Your physician or surgeon may require you to follow an alternative plan. In that case, follow your physician's instructions rather than the guidelines below.

FOURTEEN DAYS PRIOR TO SURGERY

- Stop all nutritional and herbal supplements (vitamins/minerals/herbals)
- **EXCEPTIONS** – the following are OK to continue: Calcium, Iron & Vitamin D

THE DAY BEFORE SURGERY

- Follow your Regular diet

THE NIGHT BEFORE SURGERY

- Drink at least 20-24 oz (3cups) of allowed clear fluids
- Do not eat any solid food after midnight (**CLEAR FLUIDS ONLY after midnight**)

THE DAY OF SURGERY

- Take **CLEAR FLUIDS ONLY**
- Drink at least 20 oz (2 ½ cups) of allowed clear fluids **PRIOR TO YOUR ARRIVAL AT THE HOSPITAL**
- If instructed, drink carbohydrate-rich drink (**Ensure Pre-Surgery®**, 10 oz), 3 hours before surgery, **COMPLETING PRIOR TO YOUR ARRIVAL AT THE HOSPITAL**
- **DO NOT EAT OR DRINK ANYTHING 3 HOURS PRIOR TO YOUR PROCEDURE AND AFTER ARRIVING AT THE HOSPITAL.**

CLEAR FLUID DIET (ANY MEAL)

ALLOWED

- Water
- Apple, Cranberry & Grape Juice
- Gatorade
- Black Coffee or Tea
- Clear Broth
- Ginger ale and Seltzer
- Jello and Italian Ice
- Chewing gum – **DO NOT SWALLOW**
- **Ensure® Pre-Surgery** - (IF instructed)

NOT ALLOWED

- Milk or Dairy Products (including in coffee and tea)
- Citrus Juices
- Prune Juice
- Juices with Pulp
- Any food or beverage not listed in the "allowed" column