



Pre-Surgery/Procedure Diet Instructions

Unless instructed otherwise by your doctor, you **must** follow these diet instructions before your surgery/procedure.

IMPORTANT

8

**hours
before
arrival
time**

STOP eating solid food or drinking liquids that you cannot see through

NO FOOD

NO MILK

NO DAIRY PRODUCTS

NO CREAM IN COFFEE

NO CHEWING GUM

NO LOZENGES

NO ALCOHOL

You may drink clear liquids. **EXAMPLES:** Water, Apple juice without pulp, clear tea or BLACK coffee

3

**hours
before
arrival
time**

STOP taking anything by mouth, except for medications, as directed by your doctor.

You may take, **with a small sip of water**, your usual morning medications.

Day of Surgery

- You must have **one** person to accompany and drive you home after surgery and to take you to your first postoperative appointment
- Wear loose-fitting, comfortable clothing.** You will not need to remove your clothes, but the doctor will want to monitor your blood pressure during the procedure.
- Do not wear **contact lenses**. Do not wear **jewelry, makeup, perfume, or nail polish**.

If You Have Diabetes

Unless instructed otherwise by your doctor or surgery scheduler, please follow the guidelines below for taking diabetes medications.

For Surgeries scheduled before 12:00 noon

- Take your oral diabetic medications as usual
- Do **NOT** use insulin

For Surgeries scheduled after 12:00 noon

- Take your oral diabetic medications as usual
- If you use insulin, please consult with your diabetic doctor (Endocrinologist) for specific instructions on how to use your insulin on the day of surgery.

If you have an Insulin Pump

- Regardless of what time surgery is scheduled, please consult with your diabetic doctor (Endocrinologist) for specific instructions on how to use your insulin/pump on the day of surgery.