

Food and Liquid Directions Before Surgery

The following are based on your arrival time to the hospital, not your scheduled surgery time.

Smoking, Vaping or Chewing Tobacco: 24 Hours

- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time. This will reduce the risk of complications (problems).
- If you do use tobacco products within 8 hours of your scheduled arrival time, your surgery may be delayed or canceled.

Alcohol: 24 Hours

- Do not drink alcohol up to 24 hours before your scheduled arrival time.

Solid Food: 8 Hours

- You may eat your regular foods up to 8 hours before your scheduled arrival time.

Solid Food: 6 Hours

- You may eat a light meal up to 6 hours before your scheduled arrival time. A light meal is:
 - **one** of these:
 - 2 pieces of toast with a light topping
 - 1 granola or protein bar
 - 1 cup (8 oz.) oatmeal or other hot cereal
 - **and one** of these:
 - 16 ounces of milk, coffee (with or without cream), juice (with or without pulp) or a sports drink.

Breastmilk: 4 Hours

- Breastfeeding babies may have breastmilk up to 4 hours before the scheduled arrival time.

Clear Liquids: 2 Hours

- Drink clear liquids up to 2 hours before your scheduled arrival time. Clear liquids are **only** these:
 - water
 - fruit juice **without** pulp
 - sports drinks
 - soda
 - black coffee **without** cream or creamer
 - tea **without** cream or creamer.
- Drink 12 to 20 ounces of electrolyte sports drink (Gatorade® or Powerade®) 2 hours before your scheduled arrival time.

Hard Candy and Gum: 2 Hours

- You may have hard candy (such as a lemon drop or throat lozenge) or chew gum up to 2 hours before your scheduled arrival time.
- You may use gums and lozenges for tobacco cravings up to 2 hours before your scheduled arrival time.

Medicines

- Take your medicines as directed with a small sip of water.