

Eating and Drinking Before Surgery

Eat as you would regularly the **day before** your surgery

Up to 6 hours before surgery, choose one of the following light snacks to eat:

- 1-2 pieces of white toast + honey or jam + 1 cup of juice



OR

- ½ - 1 cup of white rice + 1 cup of juice



OR

- 1-2 small roti + jam + 1 cup of juice



Do not eat high protein, high fat foods such as: meat, eggs, cheese, fried food, margarine, butter, peanut butter, or nut butters with this snack.



STOP EATING FOOD 6 hours before surgery.

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You can continue to drink clear (see-through) **fluids up to 2 hours before surgery.**

Clear fluid examples are water, clear juice (no pulp), black coffee, or plain tea.

Do not add milk or cream to your coffee or tea.

Up to 2 hours before surgery, we encourage you to **drink 1 ½ cups** (325 mL) **of clear juice.**

Choose either: cranberry juice **or** apple juice **or** white grape juice



Do not drink:
Diet, sugar-free, or low calorie juice.



STOP DRINKING 2 hours before surgery.

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