

PREPARING FOR SURGERY

When to Notify Your Doctor

If you cannot keep your scheduled appointment for surgery or if you notice one of the following, please contact your doctor's office immediately.

1. You or a member of your household experience any change in health, such as a cough, fever or cold.
2. You suspect that you are pregnant.

IMPORTANT Guidelines for Food and Drink for the Day of Surgery

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration and can pose a safety risk to you. Please adhere to these guidelines or your case may be postponed, delayed, or rescheduled. Contact your doctor's office if you have questions.

Instructions from the Department of Anesthesia

**Adult Surgical Patients
Surgery BEFORE 12 noon &/OR
All Patients for General Anesthesia**

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration. If you don't follow these rules, your surgery may be canceled.

Please take ALL of your morning medications with sips of water (ok to skip if it will upset your stomach)

NOTHING else to eat or drink after midnight the night before your surgery

DIABETICS:

Do NOT take any medications the morning of surgery.

If on insulin pump: It is okay to place pump on a basal rate.

If your morning blood sugar is less than 80, drink a small glass of **CLEAR** fruit juice before coming to the hospital. Orange juice is **NOT** a clear fruit juice.

Instructions from the Department of Anesthesia

**Adult Surgical Patients
Surgery AFTER 12 noon**

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration. If you don't follow these rules, your surgery may be canceled.

Please take ALL of your morning medications with sips of water (ok to skip if it will upset your stomach)

You may have the following UP TO 2 HOURS before scheduled ARRIVAL time: Water, Apple or Cranberry juice, Soda, Black Coffee (No milk, cream or half & half)

You may NOT HAVE: Other solid food, Candy or Chewing gum, Milk or other dairy products, Orange juice, EVERYTHING ELSE

DIABETICS:

Do NOT take any medications the morning of surgery.

If on insulin pump: It is okay to place pump on a basal rate.

If your morning blood sugar is less than 80, drink a small glass of **CLEAR** fruit juice before coming to the hospital. Orange juice is **NOT** a clear fruit juice.