

Having surgery?

➤ Fact sheet – Eating and drinking before surgery

➤ Updated Feb 2024

You must follow the hospital's instructions on eating and drinking before surgery or a procedure.

EATING AND DRINKING INSTRUCTIONS FOR MOST PATIENTS

You must **not** eat any food for **6 hours** before your arrival time at the hospital.

You may continue to **drink 200ml every hour of only the following fluids** right up until the time you go for your operation:

- Water
- Lemonade
- Cordial
- Clear apple juice only
- Tea or coffee with no milk
- Rehydration drinks (eg Gatorade/PowerAde)

IF YOU HAVE DIABETES

You may continue to **drink 200ml every hour of only the following fluids** right up until the time you go for your operation:

- Water
- Diet Lemonade
- Diet Cordial
- Tea or coffee with no milk
- Carbohydrate free rehydration drinks