



Having surgery? Here is some information.



You must follow the hospital's instructions on eating and drinking before surgery / 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 only the following fluids up to **2 hours** before your arrival at the hospital:

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

If you have diabetes:

You may continue to drink only the following fluids up until **2 hours** before your arrival at the hospital:

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



Reviewed By
Community Advisory Group
Working together