



# BEFORE SURGERY

## ✓ Diet Instructions Checklist - ADULT & CHILD

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN  
A DELAY OR CANCELLATION OF YOUR SURGERY**

### **IF YOU ARE A DIABETIC, DRINK WATER ONLY**

#### Adult Diet Instructions

- At 2 hours before your check-in time**, drink 12 ounces of a *carbohydrate* rich drink. Finish drinking it within 15 minutes. Drink any of the following carbohydrate rich drinks:
  - ~ *Gatorade*
  - ~ *Apple Juice* (no pulp)
  
- DO NOT** eat any solid foods after 11PM. However, you may drink the following clear liquids up until 2 hours before your check-in time:
  - ~ *Gatorade*
  - ~ *Apple Juice* (no pulp)
  - ~ *Water*
  
- DO NOT** chew gum, eat candy, or drink tea or coffee after 11PM.
  
- STOP** drinking alcohol 2 days before surgery.

#### Child Diet Instructions

- You may give your child formula or milk, up until **6 hours before check-in time**.
  
- If breastfeeding, you may give your infant breast milk up until **4 hours before check-in time**.
  
- Give your child clear liquids **2 hours before check-in time**.
  - Your child can drink the following clear liquids only:
    - ~ *Gatorade*
    - ~ *Apple Juice* (no pulp)
    - ~ Pedialyte
    - ~ Water
  
- DO NOT** allow your child to eat any solid foods after 11PM.
  
- DO NOT** allow your child to chew gum or eat candy/gummies after 11PM.