

PLEASE READ BEFORE THE DAY OF PROCEDURE.

Eating and drinking rules before your surgery, test or treatment.

Adult Patients

Do not eat any food after midnight; you may have clear liquids until you leave your house.

After midnight the day of your surgery, follow these instructions. It is important to stay well-hydrated during your surgery preparation, so please drink plenty of the allowed clear liquids.

Pediatric Patients

Children may have 4 oz. of **infant formula** up until **6 HOURS** prior to the procedure. Children may have **breast milk** up until **4 HOURS** prior to the procedure.

You are allowed the following clear liquids after midnight



Water

Sodas, teas, coffee (no cream)

Juices without pulp:

Apple, white grape juice

Clear broth:
Beef or chicken

Gelatin (without fruit)

Gatorade

Popsicles (without fruit or cream)

You may use salt
and pepper

Lemonade or Kool-Aid

Italian ices

Do not eat or drink the following after midnight



Solid food of any kind

Tomato juice

Milk or cream milkshakes

Orange juice

Alcoholic Beverages

Cream soups or any soup
other than broth

Grapefruit juice

Instructions for Day of Procedure

- Drink **CLEAR LIQUIDS ONLY** until you leave home to come to the hospital.
- **YOU MAY DRINK UP TO A 20 OZ. BOTTLE OF GATORADE OR G2 (IF DIABETIC) BEFORE LEAVING HOME. GATORADE IS THE LAST CLEAR LIQUID YOU WILL DRINK.**
- After midnight, **DO NOT** eat any solid food, drink any thick liquids like milk or pulped juices, or add cream/sugar to any clear liquid drink (see list above).
- **DO NOT** eat mints or candy.
- **YOUR SURGERY MAY BE DELAYED OR CANCELED IF THESE GUIDELINES ARE NOT FOLLOWED.**

See next page for medication examples

Medications on Day of Surgery

Allowed: essential oral medications (Examples: some medications for high blood pressure, seizures, reflux, thyroid) **with a SMALL sip of water only.**

Not Allowed: Diabetic medications, (ARB) Angiotensin II Receptor Blocker, ACE Inhibitor (Angiotensin Converting Enzyme Inhibitor), herbal medications, *Check with your doctor about your blood thinner*

DO NOT TAKE THESE BLOOD PRESSURE MEDICATIONS ON DAY OF PROCEDURE EXAMPLES

ARBs (ANGIOTENSIN II RECEPTOR BLOCKER)

<u>GENERIC NAME</u>	<u>BRAND NAME</u>
CANDESARTAN	ATACAND
EPROSARTAN	TEVETEN
IRBESARTAN	AVAPRO
LOSARTAN	COZAAR
OLMESARTAN	BENICAR
TELMISARTAN	MICARDIS
VALSARTAN	DIOVAN
AZILSARTAN	EDARBYCLOR
	ENTRESTO

ACE INHIBITORS (ANGIOTENSIN CONVERTING ENZYME)

<u>GENERIC NAME</u>	<u>BRAND NAME</u>
BENAZEPRIL	LOTENSIN
CAPTAPRIL	CAPOTEN
ENALAPRIL	VASOTEC
FOSINOPRIL	MONOPRIL
LISINOPRIL	PRINIVIL, ZESTRIL
PERINDOPRIL	ACEON
QUINAPRIL	ACCUPRIL
RAMIPRIL	ALTACE
TRANDOLAPRIL	MAVIK

DO NOT TAKE THESE MEDICATIONS PRIOR TO SURGERY
If you take medication daily, do NOT take within 24 hours of surgery.
If you take it weekly, do NOT take 1 week prior to surgery

EXAMPLES

GLP-1 AGONISTS (GLUCAGON-LIKE PEPTIDE-1 RECEPTOR AGONISTS)

<u>GENERIC NAME</u>	<u>BRAND NAME</u>
DULAGLUTIDE	TRULICITY
SEMAGLUTIDE	OZEMPIC, WEGOVY, RYBELSUS
TIRZEPATIDE	MOUNJARO
EXENATIDE XR	BYDUREON
EXENATIDE	BYETTA
LIRAGLUTIDE	VICTOZA, SAXENDA
LIXISENATIDE	ADLYXIN
ALBIGLUTIDE	TANZEUM