

EATING & DRINKING GUIDELINES BEFORE SURGERY, TESTING OR TREATMENT

■ ■ **Saint Barnabas Medical Center**
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**PLEASE READ
BEFORE THE DAY
OF SURGERY!**

- * **Breastfed infants may have breastmilk up to 4 hours** before arriving at the hospital
- * **Diabetic patients** - please consult your physician for more detailed instructions on eating and drinking

Latest Time You Can Eat or Drink*	Type of Food/Drink	Recommendations
<p>6 hours before you are told to arrive at hospital</p>	<p>Light Snack</p> 	<p>Option 1: Cereal with skim milk</p> <p>Option 2: Hardboiled egg with apple juice</p> <p>Option 3: Fruit with tea or coffee</p> <p>Option 4: One slice of turkey with toast</p> <p>NO: Fried or Fatty Foods</p>

Latest Time You Can Eat or Drink*	Type of Food/Drink	Recommendations
<p>2 hours before you are told to arrive at hospital</p>	<p>Clear Liquids (12oz)</p> 	<p>Option 1. Water</p> <p>Option 2. Apple Juice</p> <p>Option 3. Cola</p> <p>Option 4. Gatorade</p> <p>Option 5. Black Tea</p> <p>Option 6. Black Coffee</p> <p>Option 7. Suggested pre-operative carbohydrate drink</p>