

Eating and Drinking Before Surgery - Adults -


Follow these instructions or your *surgery will be cancelled!* This is for your safety to prevent aspiration (food in your lungs).

No alcohol beverages for 24 hours before surgery.

At Midnight Before Surgery

Stop eating and drinking *except for clear fluids*

Clear fluids include:

- Water and fruit juices without pulp.
- Fluids you can see clearly through *clear* tea or *black* coffee.
 - No milk, cream or coffee whitener 
 - Sugar is allowable



Two hours before scheduled hospital arrival time.

Stop clear fluids.



northern health

the northern way of caring

northernhealth.ca

10-010-6021 (IND 03/16)