

DIET PREPARATION FOR SURGERY:

In order to ensure a safe anesthetic and prevent cancellation of your surgery, please follow the guidelines below. This will assist with improved hydration and recovery on your surgical day.

DAY BEFORE SURGERY:

- No ALCOHOL consumption or RECREATIONAL DRUG use for 24 hours prior to surgery.
 - You may eat and drink as normal until midnight the night before surgery, but may ADD **GATORADE OR POWERADE** as directed below:
 - **WITH LUNCH-DAY BEFORE SURGERY:** Drink one, 20 ounce, full calorie, Gatorade or Powerade (not reduced or no calorie)
- AND**
- **WITH DINNER-DAY BEFORE SURGERY:** Drink one, 20 ounce, full calorie, Gatorade or Powerade (not reduced or no calorie)

DAY OF SURGERY:

- **BETWEEN MIDNIGHT AND 4 HOURS PRIOR TO SURGERY ARRIVAL TIME:** You may drink **ONLY ONE**, 20 ounce, full calorie, Gatorade or Powerade (not reduced or no calorie), but nothing else, not even water (this includes no food, gum, candy, mints, chewing tobacco, etc.).
- **NOTHING AT ALL FOR 4 HOURS PRIOR TO SURGERY ARRIVAL TIME:** (this includes no food, Gatorade or Powerade, gum, candy, mints, chewing tobacco, etc.).

*** If you are a diabetic and prefer not to drink the Gatorade or Powerade, that is acceptable, or you may substitute Gatorade G2 (reduced calorie) if you wish.

***Any color or flavor of Gatorade or Powerade is acceptable.