



The following information is provided to help you understand what you can eat or drink before the surgery.

Why can I not eat or drink before surgery?

When food is in your stomach too close to your surgery, you may vomit. If this happens the vomit could get into your lungs. This is called aspiration, and affect your breathing as well as cause damage to your lungs.

Aspiration during surgery is dangerous and can cause death.

What happens if I eat past the 6-hour limit or drink past the 2-hour limit?

If you eat or drink past the recommended time limits, there is a chance your surgery will be cancelled and rescheduled. This is to ensure your safety during surgery.

What food should I avoid for my final snack before surgery?

Avoid fatty foods in your final snack, which includes:

- Meat
- Eggs
- Fried food
- Margarine or butter
- Peanut butter
- Other nut butters

Why do I need to eat a final snack and drink clear fluids before surgery?

Eating and drinking the right things before your surgery helps your body get ready for surgery, stay hydrated and have enough energy after surgery.

What types of fluids should I avoid before surgery?

- Orange juice or juice with pulp
- Dairy products/milk
- Coffee or tea with milk or cream

Why do I need to drink 500 mL (2 cups) of clear juice 2 hours before surgery?

Drinking 500 mL (2 cups) of clear juice, such as apple juice or cranberry cocktail 2 hours before your surgery is called carbohydrate loading (carb loading). Carb loading helps your body have enough energy to get through the physical stress of surgery. The extra energy helps you begin your recovery immediately after surgery.

If you have any further questions, please ask your health care provider.

Eating & Drinking Before Surgery

Developed by the Maternal Child Program



References

American Society of Anesthesiologists. Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration; Application to Healthy Patients Undergoing Elective Procedures. Anesthesiology. 2017; 126:376-393.
Adapted from Alberta Health Services (May 2019) "Eating and Drinking Before Surgery: Patient Questions and Answers."

The following information is provided to help you understand what you can eat or drink before the surgery. If you have any questions, please call the **Obstetrical unit** at **519-272-8232**.

Your surgery is scheduled for

1. Eat an optional final snack 6 hours before your surgery.

You may eat a final snack 6 hours before your surgery. Examples of a final snack are:

- 1 small piece of fruit and 1 cup cereal with 1/2 cup of milk
- 1 small piece of fruit and 1 slice of toast with jam and 1/2 cup yogurt.

STOP eating after your final snack.

2. Drink clear fluids until 2 hours before your surgery.

Examples of clear fluids are: water, apple juice, cranberry cocktails, black coffee or plain tea.

Do **not** add milk or cream to your coffee or tea.

3. Drink 500 mL (2 cups) of clear juice at 2 hours before your surgery.

Examples of clear juice is a 500 mL of *Dole Apple juice*.

Do **not** drink a diet, sugar free, low calorie or energy drink.



STOP drinking after your clear juice.

4. Arrive at the Obstetrical unit.

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