

## Healthy Eating Before Your Surgery or Procedure

### *How it can help*

*This handout explains why it is important that your body is well nourished and well hydrated before a surgery or other procedure.*

### How do I prepare for my surgery or procedure?

- Up until **8 hours** before you arrive at the hospital, eat a healthy, balanced diet.
- Up until **6 hours** before you arrive at the hospital, eat a light meal. Avoid heavy foods, such as those with a large amount of fat.
- Up until **2 hours** before you arrive at the hospital, we encourage you to drink clear liquids such as water, plain tea or coffee (no milk or creamer), clear broth, Gatorade, soda, apple juice, or Boost Breeze liquid supplement.
  - If you have **diabetes**, drink clear liquids such as water, plain tea or coffee (no milk or creamer), clear broth, and diet soda. Avoid juice, regular soda, and sports drinks, since these can raise your blood sugar levels.
- **Starting 2 hours** before you arrive at the hospital, do not eat or drink anything, unless your doctor or nurse has told you otherwise.

### Why is healthy eating important before my surgery or procedure?

We find that patients have better results when they eat a healthy, balanced diet and drink plenty of liquids before their surgery or procedure.

If you follow these instructions:

- You will likely be more comfortable, both before and after your surgery or procedure. You will likely feel less thirsty, hungry, and anxious.



*Patients have better results when they eat a healthy, balanced diet and drink plenty of liquids before their surgery or procedure.*

- You will likely have better blood sugar control after your surgery or procedure.
- Your bowels will return to normal function more quickly after your surgery or procedure.
- You will get the important nutrients your body needs to heal.

## What can I eat before my surgery or procedure?

Here are 2 sample meal plans, based on the time that you will arrive at the hospital:

- If you will arrive at the hospital at **8 a.m.**:

Time	Meal	Sample Menu
Day before surgery or procedure	Dinner	Salmon, baked potato, steamed broccoli, green salad, glass of milk
Night before surgery or procedure, up until 2 a.m.	Snack	Apple with peanut butter
Morning of surgery or procedure, up until 6 a.m.	None	Clear liquids <b>only</b>

- If you will arrive at the hospital at **3 p.m.**:

Time	Meal	Sample Menu
Morning of surgery or procedure, up until 9 a.m.	Breakfast	Eggs, toast with jam, yogurt, juice, coffee or tea
Day of surgery or procedure, up until 1 p.m.	None	Clear liquids <b>only</b>

## What can I eat after my surgery or procedure?

After your surgery or procedure, you will return to your usual diet as soon as your doctor says it is OK.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Nutrition Services: 206.744.4612, weekdays 6 a.m. to 6 p.m.

Ambulatory Surgery Unit: 206.744.5432, weeknights 6 p.m. to 6 a.m.