

Eating and Drinking Before Surgery with Bowel Prep

 **Follow these instructions for eating and drinking or your surgery may be cancelled. This is for your safety, to prevent food going into your lungs (aspiration).**
If you have any more questions, please call your Pre-Admission Clinic.

1 You will be given bowel prep (preparation) instructions by your surgeon or Pre-Admission Clinic.



STOP EATING FOOD at the time given in your bowel prep instructions.

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2 You must drink clear (see-through) fluids only.
 Clear fluids are water, clear juice, black coffee, or plain tea.
 (Do not add milk or cream to your coffee or tea.)

Do not drink:
 alcohol for 24 hours before surgery

3 You must drink 2 cups (500 mL) of juice right before you stop drinking.
 Choose either cranberry cocktail or apple juice.

Do not drink:
 diet, sugar-free, or low calorie juice



STOP DRINKING after your juice (3 hours before surgery).

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Arrive at _____ Hospital at

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Your surgery is at

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