YOUR DIET AND PREPARING FOR SURGERY

Presurgical Diet Guidelines
Your Diet and Preparing for Surgery

The presurgical diet guidelines below are for general purposes only. Your physician or surgeon may require you to follow an alternative plan. In that case, follow your physician’s instructions rather than the guidelines below.

**FOURTEEN DAYS PRIOR TO SURGERY**
- ✓ Stop all nutritional and herbal supplements (vitamins/minerals/herbals)
- ✓ **EXCEPTIONS** – the following are OK to continue: Calcium, Iron & Vitamin D

**THE DAY BEFORE SURGERY**
- ✓ Follow your Regular diet
- ✓ Do not eat any solid food after midnight (**CLEAR FLUIDS ONLY** after midnight)

**DAY OF SURGERY**
- ✓ **IF INSTRUCTED**, drink carbohydrate-rich drink (Ensure® Pre-Surgery Clear Nutrition Drink, 10oz)
  - 3 hours before surgery, **JUST PRIOR** to your arrival at the hospital. Chill, shake the product well, and consume the drink **all at once in 5 - 10 minutes**.
- ✓ Take **CLEAR FLUIDS ONLY** up to 3 hours before surgery.
- ✓ **DO NOT EAT OR DRINK ANYTHING AFTER ARRIVING AT THE HOSPITAL.**

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**CLEAR FLUID DIET (ANY MEAL)**

<table>
<thead>
<tr>
<th>ALLOWED</th>
<th>NOT ALLOWED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Milk or Dairy Products (including in coffee and tea)</td>
</tr>
<tr>
<td>Apple, Cranberry &amp; Grape Juice</td>
<td>Citrus Juices</td>
</tr>
<tr>
<td>Gatorade</td>
<td>Prune Juice</td>
</tr>
<tr>
<td>Black Coffee or Tea</td>
<td>Juices with Pulp</td>
</tr>
<tr>
<td>Clear Broth</td>
<td>Any food or beverage not listed in the “allowed” column</td>
</tr>
<tr>
<td>Gingerale and Seltzer</td>
<td>Ensure® Pre-Surgery Clear Nutrition Drink® — (IF Instructed)</td>
</tr>
<tr>
<td>Jello and Italian Ice</td>
<td></td>
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</tbody>
</table>

**Hospital for Special Surgery**

is an affiliate of Weill Cornell Medical College.

535 East 70th Street
New York, NY 10021
tel 212.606.1000
hss.edu

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