

What to Eat and Drink Before Surgery

Follow the directions below to make sure you have a successful surgery. Call your doctor's office if you have any questions or concerns.

At Midnight (12:00 a.m.) on Day of Surgery

- Do not eat anything.
- Only drink clear liquids (see chart below).

3 Hours Before Your Arrival Time

- Do not eat anything
- Drink up to 12 ounces (1 ½ cups) of Gatorade®, or Powerade®, or Ensure® Pre-Surgery clear carbohydrate drink.
 - Your surgeon prefers Ensure® Pre-Surgery clear carbohydrate drink. You may have gotten this drink in your pre-surgery kit. You can also buy this online. The label must say **Pre-Surgery**.



2 Hours Before Your Arrival Time

- Do not eat anything
- Do not drink anything

If you take a GLP-1 agonist (such as Ozempic® or Mounjaro®), you will start your clear liquid diet 24 hours before your surgery up until 2 hours before your arrival time. See the table below for the clear liquids list.

Clear Liquid Examples

👍 You Can Drink	👎 Do Not Drink
<ul style="list-style-type: none"> ✓ Coffee or tea without any dairy or creamers ✓ Water or flavored water ✓ Apple juice, white grape juice ✓ Gatorade® that is not red or purple ✓ Powerade® that is not red or purple ✓ Clear Ensure® Pre-Surgery (do not drink any other Ensure® drinks) 	<ul style="list-style-type: none"> ✗ Milk or other dairy items ✗ Any liquid with milk or dairy items ✗ Drinks that have pulp or any solid substance ✗ Drinks that are red or purple ✗ Protein drinks ✗ Drinks that have alcohol ✗ Any Ensure® drinks except for Clear Ensure® Pre-Surgery ✗ Any liquid that is not on the approved list shown on the left side of this table

