



## Eating Before Your Surgery in TGH

UHN

You are scheduled for surgery. During your surgery, you will have a general anesthetic, major regional anaesthetic, or some other monitored anaesthetic care.

To be ready for your surgery, please follow these directions about eating. These directions are the same if you are going home the same day as your surgery or if you are going to stay in the hospital.

- ❑ On the evening before your surgery, eat a light supper. Do not eat fried foods.
- ❑ Do not eat solid food after midnight the night before your surgery.
- ❑ Do not drink alcohol for 24 hours before your surgery.
- ❑ Drink clear fluids\* up to 5 hours before your surgery. Then do not drink anything within 5 hours of your surgery.

**Clear fluids are:**

water  
apple juice  
cranberry juice  
clear broth  
plain Jell-O  
clear soda (e.g. ginger ale, 7-Up)

**Do not drink** coffee, black coffee or tea, milk or milk products, or orange juice.

If you have any questions, please contact the Preadmission Unit at:  
**416-340-4800 Ext. 3529.**

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