



FOR YOUR SAFETY

Food and Beverage Intake Before Surgery

On the day of your surgery:

12 hours before surgery:

- Drink 12 ounces of any flavor of Gatorade (except RED) 12 hours prior to your scheduled surgery time.

4 hours before surgery:

- Drink an additional 12 ounces of any flavor of Gatorade (except RED) 4 hours prior to your scheduled surgery time.
- Take 1000 mg Tylenol (Acetaminophen) with your Gatorade 4 hours prior to your scheduled surgery time.
- Do not take Tylenol if you are allergic or have any liver issues.



DO NOT:

- Eat any solid foods after 11:00 pm the night before surgery.
- Drink any other liquids (including water) after 11:00 pm the night before surgery – Gatorade (as noted above) is the only exception.
- Chew gum or eat any candies once you are fasting.

Why does your anesthesiologist require you to drink Gatorade before surgery?

- To increase your comfort before surgery
- To decrease nausea before surgery.
- The carbohydrates in Gatorade help maintain energy balance and hydration.