

Your Diet and Preparing for Surgery

Presurgical Diet Guidelines

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.

The Day Before Surgery

Follow your Regular diet.

Do not eat any solid food after midnight (**CLEAR FLUIDS ONLY** after midnight) or eight hours before surgery.

Day of Surgery

Only if you are instructed and given in PPT: drink pre-surgery clear carbohydrate drink, 2 hours before arrival.

Take CLEAR FLUIDS ONLY up to 2 hours before surgery.

DO NOT EAT OR DRINK ANYTHING AFTER ARRIVING AT THE HOSPITAL.

Clear Fluid Guidelines

Allowed

- Water
- Apple, Cranberry & Grape Juice
- Gatorade
- Black Coffee or Tea (nothing added)
- Gingerale and Seltzer

Not Allowed

- Milk or Dairy Products (including in coffee and tea)
- Citrus Juices
- Prune Juice
- Juices with Pulp
- Any food or beverage not listed in the "allowed" column**

Pre- Procedural Testing

1st Floor Ambulatory Care Pavilion
Westchester Medical Center
100 Woods Road, Valhalla, NY 10595
Phone: 914.493.8105





Patient Instructions

Westchester Medical Center
Ambulatory Care Pavilion (ACP)
100 Woods Road Valhalla NY 10595



Please stop smoking at least one month prior to your surgery date *Smoking prevents healing*



Please **DO NOT** bring any valuables with you on the day of your surgery/procedure this includes jewelry, watches, etc.



Please bring a current list of all of your medications including over the counter medications and when you last took them



Evening Before Surgery:

You will receive a call from a Westchester Medical Center Team Member who will give you your arrival time



Please use the **Chlorhexidine Wipes** as directed: *Wipes should **NOT** be used on the face, genitals or on any open wounds*

The morning of Surgery **PLEASE TAKE** the following medications:

Additional Instructions:

Day of Surgery:

- Please arrive at the time given by the Westchester Medical Center Team Member at the **Ambulatory Care Pavilion**
- *Parking is available in:
 - Lot 1 - Ambulatory Care Pavilion
 - Lot 2 - Main Building
 - Lot 4 - Maria Fareri Children’s Hospital

Valet Parking is available in front of the Ambulatory Care Pavilion.
- *Visitors to the Ambulatory Care Pavilion are eligible for validated parking (self-park and valet), please see registration for details.
- Please enter the ACP Main Entrance through the glass doors.
- Please stop at the front desk and tell the Concierge you are here for surgery.
- You will take the elevator to the second floor and check in. Your parking pass ticket will be validated here and a visitor pass will be issued to the person accompanying you
- After registering, you will be asked to take a seat in the waiting area.
- A nurse will escort you to the pre-op area
Please arrange for someone to drive you home after your surgery. You can not drive home yourself after surgery and anesthesia.

The morning of Surgery **PLEASE DO NOT TAKE** the following medications:
