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**

<table>
<thead>
<tr>
<th>Allowed</th>
<th>Not Allowed</th>
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<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 (nothing added)</td>
<td>Juices with Pulp</td>
</tr>
<tr>
<td>Gingerale and Seltzer</td>
<td>Any food or beverage not listed in the “allowed” column</td>
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Pre- Procedural Testing

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

February 2022 20-2364 WMC
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.

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**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.*

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

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

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**Additional Instructions:**