

PATIENT INFORMATION

Preparing for your medical procedure when taking some diabetes and/or weight loss medications

See the information sheet for more detailed advice.

Name	Date of procedure	Hospital ID

Day BEFORE procedure

Date:

For the *whole day* before your procedure, do not eat any solid food and drink *only* clear fluids. These include:

“Clear fluid” drinks – OK to have

- Water.
- Black tea or black coffee.
- Carbohydrate (sugar) rich drinks – developed especially for before and after surgery.
- Clear cordial (eg lemon).
- Clear broths or clear miso soup (without any solids such as seaweed or tofu).
- Apple juice.
- Clear soft drinks (eg lemonade).
- Jelly.
- Icy poles.
- Electrolyte “sports” drinks.



Reminder: Do NOT eat any solid food or have any drinks not listed.

Day OF your procedure

Date:

From when you wake up, you may drink water only, up to half a cup every hour, until _____.

From _____ do not drink anything unless advised by your hospital. However, you may take your usual medications, unless advised not to, with a sip of water.

Do NOT eat any food at any time before your procedure.

If you have any questions please contact the hospital on: