

AHS Eating and Drinking Before Surgery Patient Instructions: Quick References

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Refer to the AHS *Pre-operative Fasting and Carbohydrate Loading Prior to Surgical Interventions – Adults, Guideline* for details of the provincial guideline, available at <https://extranet.ahsnet.ca/teams/policydocuments/1/clp-ahs-preop-fasting-carb-load-hcs-237-01.pdf>

Resources in **bold** are included in the **Guideline: Implementation Toolkit**, available at www.ahs.ca/SurgerySCN

The **AHS Eating and Drinking Before Surgery: Patient Instructions provide** specific directions to patients on what to eat and drink before surgery, and when to stop eating and drinking, along with important safety information. The patient instructions are available in print and online for Pre-admission Clinic staff and surgeons' offices to use as a pre-admission patient teaching tool. There are six versions of the patient instructions available for specific patient and clinical circumstances.

The following quick references are outlined to assist health care providers appropriately select, order, and use the six versions of the patient instructions.

1. Version titles with DataOnline order numbers
2. Patient instructions print and online access
3. Decision algorithm: Patient instructions version selection
4. Key points: Consistent patient information

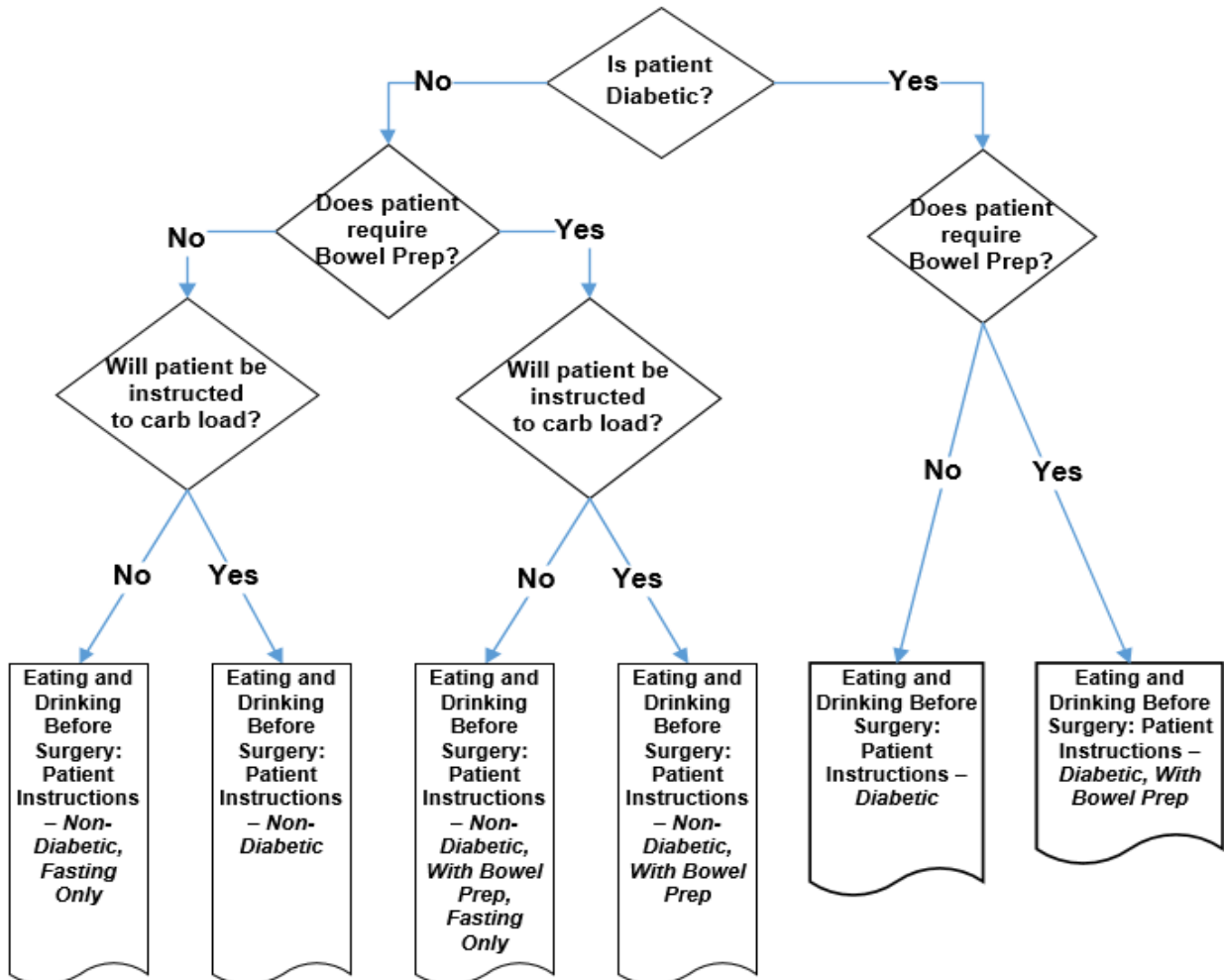
1. Version titles with DataOnline order numbers

Patient Group	Resource Title DataOnline Order #	Carb Load	Bowel Prep	Diabetic Patients
Non-Diabetic	Eating and Drinking Before Surgery: Patient Instructions – Non-Diabetic DataOnline Order # 104984	Yes	No	No
Non-Diabetic	Eating and Drinking Before Surgery: Patient Instructions – Non-Diabetic, With Bowel Prep DataOnline Order # 104985	Yes	Yes	No
Non-Diabetic	Eating and Drinking Before Surgery: Patient Instructions – Non-Diabetic, Fasting Only DataOnline Order # 105119	No	No	No
Non-Diabetic	Eating and Drinking Before Surgery: Patient Instructions – Non-Diabetic, With Bowel Prep, Fasting Only DataOnline Order # 105117	No	Yes	No
Diabetic	Eating and Drinking Before Surgery: Patient Instructions – Diabetic DataOnline Order # 105118	No	No	Yes
Diabetic	Eating and Drinking Before Surgery: Patient Instructions –Diabetic, With Bowel Prep DataOnline Order # 105129	No	Yes	Yes

2. Print and online access

Print ordering	<ul style="list-style-type: none"> Calgary Zone can order from Data Communications Management (DataOnline) by phone 403-207-6631 or visit https://dol.datacm.com Edmonton Zone and North Zone can order from Data Communications Management (DataOnline) by phone 780-577-8295 or visit https://dol.datacm.com Central Zone, Wetaskiwin can order from Wetaskiwin Production Services by phone 780-312-3611 South Zone, Lethbridge can order from Printing Services by phone 403-388-6000 Ext.1513
Online access	<ul style="list-style-type: none"> AHS Eating and Drinking Before Surgery: Patient Instructions are available for patients and the public to access online at https://myhealth.alberta.ca/alberta/Pages/Your-Surgery-Resources.aspx

3. Decision algorithm: Patient instructions version selection



Note: Refer to AHS Clinical Knowledge Topic: Perioperative Management of Patients with Diabetes Mellitus, Adult – Inpatient V 1.0. The provincial recommendation is to avoid carbohydrate loading patients with diabetes mellitus until prospective trials have been completed.

4. Key points: Consistent patient information

Use the key points below to deliver and reinforce consistent information to patients about pre-operative fasting and carb loading (as appropriate) before their surgery. See the **AHS Pre-operative Fasting and Carb Loading Guideline – Adults, Guideline: Questions and Answers for Health Care Providers** for additional background information for health care providers.

a. Provide patient instructions in person or by phone	
Applicability:	Non-Diabetic; Non-Diabetic, With Bowel Prep; Non-Diabetic, Fasting Only; Non Diabetic, With Bowel Prep, Fasting Only; Diabetic; Diabetic, With Bowel Prep
Key Points:	<p>Select the correct version of the AHS <i>Eating and Drinking Before Surgery: Patient Instructions</i>. See Quick Reference 3. Decision algorithm: Patient instructions selection</p> <ul style="list-style-type: none"> • Ensure the patient has the patient instructions in front of them while reviewing the information. If the patient is on the phone, tell or send them the MyHealth.Alberta.ca link so they can see and print the online patient instructions. See Quick Reference 2. Print and online access • Remind the patient to keep the patient instructions and bring them to all appointments. • Explain how and when to get the surgery time. Provide the correct phone number and hospital department name. • Instruct the patient when and where to arrive at the hospital and how to fill in the different time boxes on the left side of the patient instructions. The patient will calculate the times or will be provided with the times. Share the When to Stop Eating and Drinking Before Surgery: Patient Timetable to assist patients in determining exact times to stop eating and drinking before their surgery time • Refer the patient to page 2 of the patient instructions for important additional information about pre-operative fasting.
b. Eat an optional snack 8 hours before Surgery Time	
Applicability:	Non-Diabetic; Non-Diabetic, Fasting Only; Diabetic
Key Points:	<ul style="list-style-type: none"> • Eating a final snack is a recommendation but not mandatory. The patient does not have to get up at night to have a final snack. • The specific final snack options were developed by AHS Nutrition Services. • Refer the patient to page 2 of the patient instructions for what foods and drinks to avoid. • Reinforce the need to stop drinking alcohol 24 hours before Surgery Time.

	<ul style="list-style-type: none"> Emphasize the importance of stopping eating at 8 hours before Surgery Time.
Diabetic Considerations:	<ul style="list-style-type: none"> Remind the patient to continue taking their diabetes medication as advised by their health care provider.
c. Drink clear fluids until 3 hours before Surgery Time	
Applicability:	<ul style="list-style-type: none"> Non-Diabetic; Non-Diabetic, Fasting Only; Non-Diabetic, With Bowel Prep; Non Diabetic, With Bowel Prep, Fasting Only; Diabetic; Diabetic, With Bowel Prep
Key Points:	<ul style="list-style-type: none"> Emphasize the importance of stopping drinking at 3 hours before Surgery Time.
Diabetic Considerations:	<ul style="list-style-type: none"> Remind the patient to drink sugar-free clear fluids. Remind the patient to continue to monitor blood sugar (BG) for hypoglycemia as normal. Instruct the patient to treat a BG below 4.0 mmol/L with Dextrose Tablets (4) or 2/3 cup clear sugar fluids (apple juice or regular soda pop) and re-test in 15 minutes. If BG remains below 4.0 mmol/L, repeat treatment. Instruct the patient to tell their health care provider about any hypoglycemic events.
d. Drink an optional 500 mL of clear juice carb load at 3 hours before Surgery Time	
Applicability:	Non-Diabetic; Non-Diabetic, With Bowel Prep
Key Points:	<ul style="list-style-type: none"> Refer the patient to page 2 of the patient instructions for carb loading rationale. Emphasize the importance of stopping drinking at 3 hours before Surgery Time.
Diabetic Considerations:	<ul style="list-style-type: none"> Carb loading does not apply to patients with diabetes.
e. Follow any bowel prep instructions given by surgeon or Pre-admission Clinic	
Applicability:	Non-Diabetic, With Bowel Prep; Non-Diabetic, With Bowel Prep, Fasting Only; Diabetic, With Bowel Prep
Key Points:	<ul style="list-style-type: none"> Remind the patient to read and follow any necessary bowel prep instructions.
Diabetic Considerations:	<ul style="list-style-type: none"> Remind the patient to continue taking their diabetes medication as advised by their health care provider.

References:

AHS *Eating and Drinking Before Surgery: Patient Instructions*. Retrieved from
<https://myhealth.alberta.ca/alberta/Pages/Your-Surgery-Resources.aspx>

AHS *Pre-operative Fasting and Carbohydrate Loading Prior to Surgical Interventions – Adults Guideline*. Retrieved from <https://extranet.ahsnet.ca/teams/policydocuments/1/clp-ahs-preop-fasting-carb-load-hcs-237-01.pdf>

AHS *Pre-operative Fasting and Carbohydrate Loading Prior to Surgical Interventions - Adults: Guideline Implementation Toolkit*. Retrieved from
<https://www.albertahealthservices.ca/scns/Page9378.aspx>

DataOnline at <https://dol.datacm.com>

MyHealth.Alberta.ca at <https://myhealth.alberta.ca>

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To find out more about the Surgery SCN, visit www.ahs.ca/SurgerySCN

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