

START



**Eat as you
always do
until 11PM**

- **Eat a light snack before you go to bed or before you stop eating at 11PM**
- **Suggested final snacks:**
 - 1 small piece of fruit and
 - 1 cup cereal with 1/2 cup milk

OR

 - 1 small piece of fruit and
 - 1/2 cup yogurt with 1 slice of toast and jam
- **Do not eat:**
 - meat, eggs, fried food, margarine, butter, peanut butter or any nut butters

**STOP Eating
food at
11PM**

- **STOP eating solid food at 11PM**
- You can drink clear fluids after 11PM until 3AM
 - Clear fluids are water or clear juice (apple or cranberry)
 - No milk products
 - Do not drink alcohol for 24 hours before surgery

If you are **Diabetic:**

You can have **only water** after 11PM then nothing to drink after 3AM

STOP drinking clear fluids at 3AM

Arrive at the University of Alberta Hospital at: _____