

Pre-operative Instructions for Eating, Drinking, and Medications

1. Please take only the following medications on the morning of your surgery:
 - a. Medicines that your surgeon told you to take before surgery
 - b. Medicines for high blood pressure
 - c. Medicines for stomach acid or ulcers
 - d. Inhalers, nebulizers, or medication for breathing
 - e. Thyroid medications
 - f. Prescription pain relievers or anti-anxiety medicines (“nerve pills” if you are experiencing pain or anxiety before surgery)
 - g. Please **DO NOT TAKE** any other medications including prescriptions, over the counter medicines, herbals, vitamins, or supplements.
2. Please do not chew gum, candy, throat lozenges, or breath mints the day of your surgery.
3. You may brush your teeth and/or use mouthwash before surgery, but please do not swallow any toothpaste or mouthwash.
4. Please shower or bathe the night before or the morning of your surgery.
5. Nothing **SOLID** to eat after **MIDNIGHT** the night before your surgery.
6. You may have up to 8 ounces of **WATER** until 2 hours before your arrival to the surgery center.
7. Special instructions for patients with diabetes: Please do not take any diabetic medications on the day of surgery, no sugared liquids, or solid food after midnight the day before surgery. You may drink water until 2 hours before your arrival time. If you experience low blood sugar/hypoglycemia that morning, you may drink 4 ounces of apple juice or cranberry juice & call the Center for instructions.

By following these instructions, you will help us ensure your safety during anesthesia. If you do not follow the instructions, it may be necessary to postpone or cancel your surgery. Please call the Titusville Center for Surgical Excellence at 321-567-6300 with any questions or concerns.