

*the office of* **DR. BETH E. SHUBIN STEIN** M.D.

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Please remember the following Hospital dietary restrictions leading up to surgery:

- **NO FOOD** after midnight
- You **CANNOT** drink the following after midnight:
  - Milk or dairy products (including in your coffee or tea)
  - Citrus juices
  - Prune juice
  - Juices containing pulp
- **Clear liquids include ONLY**
  - Water (plain, carbonated or flavored)
  - Apple juice, cranberry and grape juice
  - Sports drinks such as Gatorade, Propel or Powerade
  - Black coffee or black tea (NO green/herbal tea)
  - Clear broth
  - Ginger ale or seltzer
  - Jell-O or Italian ice
  - Ensure **Clear**<sup>®</sup>
- **CLEAR LIQUIDS MUST BE STOPPED 3 HOURS** prior to surgery

**REMEMBER, 3 HOURS PRIOR TO YOUR SURGICAL TIME, NOTHING FURTHER BY MOUTH!**