



Department of Obstetrics & Gynecology Patient C-Birth Pre-op Instructions Outpatients

Your surgery date & time is: _____ at _____ hours
Please arrive at the Birthing Unit, 4th floor at _____ hours
The Birthing Unit will call you the day/evening before your surgery.

Please do not wear/use perfume or other scented personal products. Bath or shower the night before and take another shower or bath in the morning using unscented soap and wash your hair (If you did not wash your hair the night before).
Remove all make-up, nail polish on finger nails, all body piercing and jewellery before you shower.

Please follow these fasting instructions. An empty stomach is important to protect you during surgery.

- **STOP eating solid food at midnight** the night before your surgery.
- **Do not** chew gum or suck on hard candy after midnight.
- Clear fluids will help you feel well before surgery and may help speed up your recovery. Continue to drink at least 2 cups of clear fluids between midnight and up to **90 minutes** (1½ hour) **before** your arrival time to the hospital.
- Clear fluids include any of the following:
 - Water
 - Apple juice
 - White cranberry or white grape juice
 - Colourless soft drinks (Sprite, Ginger Ale, 7-Up)
 - Colourless sport drinks (Gatorade, Powerade)
- If you have diabetes, please speak with your doctor or nurse about your drinking instructions.
- **Remember to STOP drinking 90 minutes** (1½ hour) before your arrival time to hospital. This means that if your arrival time is 6 am, you would stop drinking at 4:30 am.

Important:

Failure to follow these fasting instructions may result in the delay and/or cancellation of your surgery.