

What to Eat and Drink Before Spine Surgery



Follow the directions below to make sure you have a successful surgery. Call your doctor's office if you have any questions or concerns.

At Midnight (12:00 a.m.) on the Day of Surgery

- Do not eat anything.
- Only drink clear liquids (see chart below).

3 Hours Before Your Arrival Time

- Do not eat anything.
- Drink a full bottle of Ensure® Pre-Surgery clear carbohydrate drink or 12 ounces (1 ½ cups) of 100% no sugar added white grape or apple juice.
 - Your surgeon prefers Ensure® Pre-Surgery clear carbohydrate drink.
 - You may have gotten this drink in your pre-surgery kit. You can also buy this online. The label must say Pre-Surgery.



2 Hours Before Your Arrival Time

- Do not eat anything.
- Do not drink anything.

If you take a GLP-1 agonist (such as Ozempic® or Mounjaro®), you will start your clear liquid diet 24 hours before your surgery up until 2 hours before your arrival time. See the table below for the clear liquids list.

Clear Liquid Examples

Do



- ✓ Coffee or tea **without** any dairy or creamers
- ✓ Water or flavored water
- ✓ Apple juice, white grape juice
- ✓ Gatorade® that is not red or purple
- ✓ Powerade® that is not red or purple
- ✓ Clear Ensure® Pre-Surgery (do not drink any other Ensure® drinks)

Do Not



- ✗ Milk or other dairy items
- ✗ Any liquid with milk or dairy items
- ✗ Drinks that have pulp or any solid substance
- ✗ Drinks that are red or purple
- ✗ Protein drinks
- ✗ Drinks that have alcohol
- ✗ Any Ensure® drinks except for Clear Ensure® Pre-Surgery