



# Somerset Surgical Specialists

## Pre-Operative Instructions for Hernia Repair

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- **On the day before** your surgery, you must start a liquid diet beginning at **12:00pm**. Below are some suggestions of different foods that you are allowed to consume.
- **Avoid all red foods and beverages**

Food Group	Recommend	Avoid
<b>Milk &amp; milk products</b>	Milk & milk products, almond/soy milk, milkshakes, eggnog, ice cream, frozen yogurt, custard, pudding, yogurt without fruit	All Cheeses and Creams
<b>Vegetables</b>	All vegetable juices	All raw or cooked vegetables
<b>Fruits</b>	All juice or nectar	All fresh, frozen, or canned fruit
<b>Breads &amp; grains</b>	Cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	All other cereals, all breads
<b>Meat or meat substitutes</b>	None	All
<b>Fats &amp; oils</b>	Butter, margarine, cream, oils	All others
<b>Sweets &amp; desserts</b>	Sherbet, sugar, sugar substitutes, hard candy, plain gelatin, fruit ice, honey, syrups	All others
<b>Beverages</b>	All	None
<b>Soups</b>	Broth, bouillon, strained creamed soups	All others

- At **1:00pm the day before** your surgery, you must drink **1 Cap Full (17g) of Miralax**.

The Miralax should be mixed with 8oz of water or apple juice. It is best consumed chilled and through a straw.