

# Edmonton Bone and Joint Centre

#2068, 9499-137 Ave NW (Northgate Centre), Edmonton, AB T5E 5R8

Phone: (780) 433-3155 Fax: (780) 432-6395



## Shoulder Arthroplasty Surgery

### Location of Surgery:

#### Orthopedic Surgery Centre

**10975 102 Street NW, Edmonton AB**

(across the street from the Emergency Department of the Royal Alexandra Hospital)

- The hospital will call you the evening before surgery between 4:00 and 6:00 pm to give you your:
  - Arrival time at the hospital: \_\_\_\_\_ (2 hours prior to surgery).
- If you do not receive a phone call by 6:00 pm please call **(780) 735-4120** OR **(780) 735-5244**.

### Eating & Drinking Instructions:

#### Food

- Eat a final snack before midnight the day before surgery:
  - 1 small piece of fruit and 1 cup of cereal with ½ cup of milk
  - OR**
  - 1 small piece of fruit and 1 slice of toast with jam and ½ cup of yoghurt.
- **DO NOT EAT ANYTHING AFTER MIDNIGHT.**

#### Drink

- Drink clear fluids **up until** 1 hour prior to your arrival time.
- Clear fluids are water, apple juice, cranberry cocktail, black coffee or tea.
- **DO NOT** add milk or cream to your coffee or tea.
- **DO NOT** have any alcohol for 24 hours prior to your surgery.
- **DO NOT** drink diet, sugar free, low-calorie or energy drinks.

#### If you are NOT diabetic:

- Drink 500 ml (2 cups) of clear apple juice or cranberry cocktail 1 hour before your arrival at the hospital.

#### If you are diabetic:

- Drink 500 ml (2 cups) of water 1 hour before your arrival time at the hospital.