



## Facility Addresses

- Jacksonville Surgery Center: 7021 A C Skinner Parkway, Jax, FL 32256
- St. Vincent's Southside: 4201 Belfort Road, Jax, FL 32216
- Memorial Hospital Jax (GYN Only): 3625 University Blvd South, Jax, FL 32216
- Baptist South Hospital (GYN Only): 14550 Old St. Augustine Road, Jax, FL 32258

## Gynecological Surgery

- Nothing to eat or drink eight (8) hour before your arrival
- Please take blood pressure medication in the morning with a sip of water
- Do not take insulin if you not eat breakfast

## Induction of Labor (Evening Admission)

- You may eat a light meal prior to arrival to the hospital. Examples of a light meal include fruit, dry toast, light soups (no cream-based soups) light sandwiches (no cheese or mayo). Patients may also choose foods from the Brat diet( bananas, rice, apples, and toast).
- Please avoid milk or dairy products, fried, fatty, greasy and spicy foods.

## Induction of Labor (Morning Admission)

- Nothing to eat eight (8) hour before your arrival
- You may have clear liquids prior to arrival

## Oral Intake During Labor

- You may consume a modest amount of clear liquids for the duration of the induction and/or throughout labor.
- Clear liquid diet includes but not limited to water, fruit juices without pulp, carbonated beverages, clear tea, black coffee, and sports drinks.

## Planned Cesarean Section

- Nothing to eat eight (8) hour before your arrival.
- You may have clear liquids up until two (2) hours before your arrival.
- Clear liquid diet includes but not limited to water, fruit juices without pulp, carbonated beverages, clear tea, black coffee, and sports drinks.