

# FASTING GUIDELINES

- **Day prior** to procedure: Consume a normal diet unless instructed otherwise by the surgeon.
- **Day of procedure (solids):** Stop solid food (*including gum and mints*) after midnight the night before surgery, unless instructed otherwise.
- **Day of procedure (clear liquids):** May consume clear liquids (no ounce limit), up to four (4) hours prior to surgery time.
- **Medications** to be taken day of surgery: May be taken with a small sip of water up to two (2) hours prior to procedure.

## Clear (see-through or transparent) liquids are defined to include:

Water

Coffee / tea – no cream

Pedialyte

Clear (*see-through or transparent*) flavored (*no red*) and unflavored gelatin

Clear (*see-through or transparent*) fruit juices (*no red*)

Clear Liquid Nutrition Supplements (*such as Ensure Clear or Boost Breeze*)

Sodas (*e.g. cola, ginger ale, lemon lime*)

Sports drinks (*e.g. Gatorade, Propel*) (*no red*)

## Liquids to exclude:

Milk, cream, soy products, formula, and liquid supplements

Juices with pulp (*e.g. orange, tomato*)

Alcohol

Broths (*contain fats and/or solids*)

Red liquids