



PREOPERATIVE ORAL INTAKE GUIDELINES

Please read the following instructions very carefully and follow them exactly.

Failure to do so may result in the cancellation or delay of your surgery. For your surgery to proceed safely you must have an empty stomach. If you undergo anesthesia with food or liquid in your stomach, the likelihood that you may vomit during your anesthesia increases which can have disastrous results. It's important for you to understand these facts so you can help us ensure your safety.

If you have any of the following conditions:

- Are moderately overweight, greater than 50lbs over your ideal weight
- Have Diabetes, whether you take insulin or not
- Use narcotic or pain medicines
- Pregnant (all elective procedures are avoided)
- Have any condition(s) that may cause you not to digest your food properly then **you should NOT have anything to eat or drink after midnight.**

If you are in good health and none of the above apply,

- You are allowed to have the following in moderation (up to 2 hrs means you may drink clear liquids on the morning of your surgery, but you must stop at least 2 hours before your surgery is scheduled to start)
- *Clear liquids: May drink up to 4 oz for children, 8oz for adults until 2hrs prior to surgery*
- *Breast Milk: May nurse up to 4hrs prior to surgery*
- *Formula: May have 6 oz of formula up to 6 hrs prior to surgery*
- *Solid Food: NO solid food for at least 8 hrs prior to surgery.*
- ****CLEAR LIQUIDS** include: water, tea, black coffee (no cream or milk) Jell-O, ice popsicles, ginger ale, bouillon, juice (pulpless), pedialyte.. **NO MILK, Beer, Alcohol, Chewing Gum or Hard Candy.**
- **** SOLID FOOD** should be a light meal that includes bread or toast, rice, bananas, cold cereals with milk, and other easy to digest food. Meat, fast foods or cheeses are discouraged.

Please remember to take your scheduled medication on the day of surgery with as much water as necessary to swallow your pills. Blood thinners, diabetes medications, and aspirin are to be avoided. Please take your blood pressure, acid reflux medication and heart medication.

By following these guidelines, the Anesthesia Department will be able to provide you with the safest operative experience possible. We appreciate you taking the time to read this information.

Sincerely
Your Anesthesia Team