## Eating and drinking rules before your surgery, test, or treatment

**PLEASE READ BEFORE THE DAY OF SURGERY**

<table>
<thead>
<tr>
<th>Type of food</th>
<th>Examples</th>
<th>Latest time you can eat or drink</th>
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</table>
| Clear liquids                | Liquids you can see through such as water, Gatorade, Sprite, 7-Up, plain Jell-o  
Last drink may not be more than 1 regular cup (8 oz)                                                                                      | 3 hours before you are told to arrive at the office, you **must stop** intake of clear liquids. |
| Breast Milk                  |                                                                                                                                                                                                         | 4 hours before you are told to arrive at office, you **must stop** all nursing.                |
| Infant Formula               |                                                                                                                                                                                                         | 6 hours before you are told to arrive at the office you **must stop** the intake of formula.    |
| All other foods and liquids  | All solids, all milk, candy, all meat-containing products, all fried foods, all cheeses, ice cream                                                                                                      | 8 hours before you are told to arrive at the office the intake of all other foods and liquids **must stop**. |

**Medications**

Routine medications may be given at the usual time with a sip of water, **EXCEPT FOR** the following, which should not be given for at least **8 hours** before you are told to arrive at the office:

- White liquid antacids (Mylanta, Maalox)
- Stool softeners (Carafate, Senna)
- ACE inhibitors (e.g., captopril, lisinopril, enalapril)
- ARBs (losartan, valsartan, irbesartan)

Please contact your CRNA about these before the procedure day.

**These guidelines are for the safety of all patients. If you fail to comply with these instructions your procedure may be delayed, postponed, or cancelled.**