







**Eating and drinking rules before your surgery, test, or treatment**  
**PLEASE READ BEFORE THE DAY OF SURGERY**

Type of food	Examples	Latest time you can eat or drink
<b>Clear liquids</b> 	Liquids you can see through such as water, Gatorade, Sprite, 7-Up, plain Jell-o <b>Last drink may not be more than 1 regular cup (8 oz)</b>	<b>3 hours</b> before you are told to arrive at the office, you <b>must stop</b> intake of clear liquids.
<b>Breast Milk</b>		<b>4 hours</b> before you are told to arrive at office, you <b>must stop</b> all nursing.
<b>Infant Formula</b>		<b>6 hours</b> before you are told to arrive at the office you <b>must stop</b> the intake of formula.
<b>All other foods and liquids</b> 	All solids, all milk, candy, all meat-containing products, all fried foods, all cheeses, ice cream	<b>8 hours</b> before you are told to arrive at the office the intake of all other foods and liquids <b>must stop</b> .
<b>Medications</b>	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 <b>8 hours</b> before you are told to arrive at the office: <ul style="list-style-type: none"> <li>• White liquid antacids (Mylanta, Maalox)</li> <li>• Stool softeners (Carafate, Senna)</li> <li>• ACE inhibitors (e.g., captopril, lisinopril, enalapril)</li> <li>• ARBs (losartan, valsartan, irbesartan)</li> </ul> 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.**