







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
Clear liquids 	Liquids you can see through such as water, apple juice, Pedialyte, or other clear juices (no pulp), plain jello 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: <ul style="list-style-type: none"> • 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 all patients' safety. If you fail to comply with these instructions your procedure may be delayed, postponed, or cancelled. Rev. 7/2015