

Fasting Facts Sheet

For your safety, these fasting facts must be followed if you are having scheduled surgery and you are going to have anesthesia

If you eat or drink too close to the surgery time, we will need to cancel your surgery for your own safety ~ we do not wish to do this

- No solid foods or liquids at all** after midnight the night before your surgery
- Children aged 2 and under** may have a small amount of clear liquids (4 ounces), NO MILK, up to 4 hours before surgery
- Medicine** for blood pressure, cardiac problems, thyroid problems, seizures and/or stomach problems may be taken with small sips of water to wash them down on the morning surgery
- Medicine** for breathing problems or asthma can be used as directed
- Medicine for diabetes should not be taken or injected on the morning of surgery**

IF YOUR SURGERY IS SCHEDULED LATE IN THE DAY

- Your surgeon may allow you to have **any amount of clear liquids** up to **6 hours before you arrive** at the hospital for surgery
(Example: if you are to arrive at the hospital at 3:00pm you may drink clear liquids up until 9:00am)

What is a Clear Liquid? A Clear Liquid is one that you can see through and it does not have anything in it like pulp (milk is NOT a clear liquid)

Good examples of clear liquids:

Water	Tea/Coffee without cream or milk	Clear broth
Ginger Ale	Apple or Cranberry juice	Plain Jello
Pedialyte	Breast Milk	