


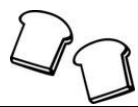





Anesthesia Fasting Guidelines

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

PLEASE READ BEFORE THE DAY OF SURGERY.

Type of Food	Examples	Last time you can eat or drink
Clear Liquids 	Liquids you can see through such as water, apple juice, coffee (no creamer), Pedialyte, other clear juices (no pulp), plain jello Last drink may not be more than 1 regular cup (8oz)	2 hours before your scheduled surgery/procedure time
Breast Milk 		4 hours before your scheduled surgery/procedure time
Infant Formula 		6 hours (for infants under 1 year of age) before your scheduled surgery/procedure time
Light Meal 	A light meal typically consists of toast and clear liquids. Do not eat fried or fatty foods or meat.	6 hours before your scheduled surgery/procedure time
All other foods & liquids 	All solids, all milk, all meat containing products, all fried foods, all cheeses, ice cream, alcohol, and illicit drugs	8 hours before your scheduled surgery/procedure time

Your doctor may have different guidelines. If so, follow your doctor's instructions.

*These instructions are important for your safety. If you do not follow instructions about **not eating or drinking** before your surgery, your surgery may be delayed or even cancelled.*