

PLEASE READ BEFORE THE DAY OF YOUR PROCEDURE, TEST OR TREATMENT.  
YOUR SURGERY MAY BE DELAYED OR CANCELED IF THESE RULES ARE NOT FOLLOWED.

# PRE-ANESTHESIA EATING & DRINKING INSTRUCTIONS

## Night Before Surgery

**DO NOT eat any food after midnight on the night before your procedure.** You may have clear liquids until you leave your house. It is important to stay well-hydrated during your surgery preparation, so please drink plenty of the allowed clear liquids listed below.

### Special instructions

Your child may have 4 oz. of **infant formula** up until **6 hours prior** to the procedure or **breast milk** up until **4 hours prior** to the procedure.

#### **YOU ARE** allowed the following clear liquids after midnight:



Water

Gatorade

Lemonade or Kool-Aid

Sodas, teas, coffee  
(no cream)

Gelatin (without fruit)

Popsicles (without fruit  
or cream)

Italian ices

Juices without pulp  
(apple, white grape)

*You may use salt and pepper  
if desired.*

#### **DO NOT** eat or drink any of the following after midnight:



Solid food of any kind

Milk or cream  
milkshakes

Tomato juice

Orange juice

Grapefruit juice

Soup or broth

Alcoholic beverages

## Day of Surgery

- Drink **clear liquids only** until you leave home to come to the hospital.
- You may drink up to a 20-ounce bottle of Gatorade or G2 (if diabetic) before leaving home. Gatorade is the **last clear liquid** you will drink.
- After midnight, **DO NOT** eat any solid food, drink any thick liquids like milk or pulped juices, or add cream to any clear liquid drink (see list above).

# PRE-ANESTHESIA MEDICATION INSTRUCTIONS

Certain essential oral medications used to control high blood pressure, seizures, reflux or thyroid may be taken with a **small sip of water** before leaving for the hospital.

**Blood thinners, arthritis medications and anti-inflammatory medications**, including aspirin and ibuprofen, may need to be stopped prior to surgery; call your surgeon for instructions on these medications.

**THE FOLLOWING MEDICATIONS ARE NOT ALLOWED TO BE TAKEN THE MORNING OF SURGERY:**

- Angiotensin II Receptor Blockers (ARBs): Generic name ends with -sartan
- Angiotensin Converting Enzyme Inhibitor (ACE Inhibitors): Generic name end with –pril
- Diabetic medications
- Herbal medications

**DO NOT take the following blood pressure medications on the day of your procedure:**

ARBs (Angiotensin II Receptor Blocker)

Generic Name	Brand Name
Candesartan	Atacand
Eprosartan	Teveten
Irbesartan	Avapro
Losartan	Cozaar
Olmesartan	Benicar
Telmisartan	Micardis
Valsartan	Diovan
Azilsartan	Edarbyclor
	Entresto

ACE inhibitors (Angiotensin Converting Enzymes)

Generic Name	Brand Name
Benazepril	Lotensin
Captopril	Capoten
Enalapril	Vasotec
Fosinopril	Monopril
Lisinopril	Prinivil, Zestril
Perindopril	Aceon
Quinapril	Accupril
Ramipril	Altace
Trandolapril	Mavik

**For these medications, use the following guidelines:**

If you take any of these medications **DAILY, DO NOT** take within 24 hours of surgery.

If you take any of these medications **WEEKLY, DO NOT** take within 1 week of surgery.

GLP1 Agonists (Glucagon-Like Peptide-1 Receptor Agonists)

Generic Name	Brand Name	Generic Name	Brand Name
Dulaglutide	Trulicity	Exenatide	Byetta
Semaglutide	Ozempic, Wegovy, Rybelsus	Liraglutide	Victoza, Saxenda
Tirzepatide	Mounjaro, Zepbound	Lixisenatide	Adlyxin
Exenatide Xr	Bydureon	Albiglutide	Tanzeum

**DO NOT take the following medications, or any medication combinations that contain them, 3 days prior to your procedure:**

SGLT2 Inhibitors (Sodium-Glucose Cotransporter 2 Inhibitors)

Generic Name	Brand Name	Generic Name	Brand Name
Bexagliflozin	Brenzavvy	Empagliflozin	Jardiance
Canagliflozin	Invokana	Sotagliflozin	Inpefa
Dapagliflozin	Farxiga	Ertugliflozin	Steglatro *stop 4 days prior

*When stopping any diabetes medications per the guidelines above, consult the physician managing your diabetes for instructions on controlling your blood sugar during this gap.*