



Please read before the day of your procedure!

Food and drink taken before anesthesia can cause problems such as choking or vomiting. Following a few instructions about eating and drinking can prevent these problems.

ALL PATIENTS: Do **NOT** eat food after **midnight** the day of your procedure.

APPROVED LIQUIDS – please follow these instructions:

You may ONLY drink: Water, Gatorade and Powerade

You may NOT have: Alcohol, Coffee, Tea, Soft Drinks, Milk or Dairy Products (including creamer)

Note: Your last drink may not be more than 1 regular cup (8-ounces)

Liquids 2 Hours:

The latest time you can drink liquids is **2 hours** before you are told to **arrive** at the hospital.

Arrival Time: _____

Last Time to Drink: _____

Liquids 8 Hours:

If you have any of the following, **do not drink any liquids for 8 hours** before you are told to arrive at the hospital.

- Diabetes
- Hiatal Hernia
- Any Disease of Your Stomach
- Gastric Reflux
- Are Pregnant

Arrival Time: _____

Last Time to Drink: _____

Please take your medications, as discussed with your Surgical Care Coordinator, with water on the day of your procedure. If you have any questions, please contact your Surgical Care Coordinator.

Please Note: If you do not comply with the above instructions, your procedure will be canceled.