

Instructions from the Department of Anesthesia

ADULT SURGICAL PATIENTS
Surgery BEFORE 12 noon

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration. If you don't follow these rules, your surgery may be cancelled.

**Please take ALL of your morning medications with sips of water
(ok to skip if it will upset your stomach)**



**NOTHING else to eat or drink after midnight the night
before your surgery**

Diabetics:

Do NOT take any diabetes medications the morning of surgery.

If your morning blood sugar is less than 80, drink a small glass of **CLEAR** fruit juice before coming to the hospital. Orange juice is **NOT** a clear fruit juice.

Instructions from the Department of Anesthesia

ADULT SURGICAL PATIENTS
Surgery AFTER 12 noon

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration. If you don't follow these rules, your surgery may be cancelled.

**Please take ALL of your morning medications with sips of water
(ok to skip if it will upset your stomach)**

You may have the following BEFORE 7am the day of your procedure:

- 2 pieces of plain toast or 8 saltine crackers...NO butter or cream cheese

You may have the following UP TO 2 HOURS before scheduled ARRIVAL time:

- Water •Apple or Cranberry juice •Soda
- Black Coffee (NO milk, cream or half & half)

You may NOT have:

- Other solid food •Candy or Chewing gum
- Milk, cheese, yogurt, ice cream •Danish, Croissant, biscuit
- Tortilla, rice, beans, cereal
- Orange juice •EVERYTHING ELSE

Stop!

Diabetics:

If on insulin: Take ½ your morning dose before you eat/drink

If NOT on insulin: Do not take your morning diabetes pills

If your morning blood sugar is less than 80, drink a small glass of **CLEAR** fruit juice before coming to the hospital.

Orange juice is **NOT** a clear fruit juice.

Instructions from the Department of Anesthesia

PEDIATRIC SURGICAL PATIENTS

Food and drink taken before anesthesia can cause problems such as choking, vomiting and aspiration. If you don't follow these rules, your surgery may be cancelled.

**Please have your child take ALL morning medications with sips of water
(ok to skip if it will upset their stomach)**

**You may give your child the following up to 2 hours before
scheduled arrival time:**

- Water
- Apple Juice
- Cranberry Juice
- Soda

**Breast Milk can be given up to 4 hours before scheduled arrival time
Formula can be given up to 6 hours before schedule arrival time**

The following can be given up to 8 hours before scheduled arrival time:

- 1 piece of dry toast or bagel.... NO butter or cream cheese
- 6-8 plain crackers



Stop!

Your child may NOT have:

- Other solid food
- Candy or chewing gum
- Milk or cheese
- Ice Cream
- Orange juice
- Everything Else

Diabetics:

Do NOT take any diabetes medications the morning of surgery.
If your morning blood sugar is less than 80, drink a small glass of **CLEAR** fruit juice before coming to the hospital. Orange juice is **NOT** a clear fruit juice.

