

# Fasting Instructions for Elective Surgical Cases

PLEASE READ BEFORE THE DAY OF PROCEDURE

## Guidelines for Adults and Teenagers

Adults and teenagers over the age of 12 may have solid foods until 8 hours before their scheduled *arrival time* at the hospital or surgery center.

- Clear liquids are encouraged until 2 hours before the time the patient is scheduled to arrive at the hospital or surgery center.  
\*Clear liquids **do NOT** include milk or dairy products\*
- Examples of clear liquids include:
  - Water
  - Clear fruit juices such as apple juice and white cranberry juice
  - Plain tea or black coffee (**NO** milk or creamer)
  - Clear, electrolyte-replenishing drinks such as Pedialyte, Gatorade, or Powerade (**NOT** yogurt or pulp-containing “smoothies”)
  - Ensure Clear or Boost Breeze (**NOT** the milkshake varieties)

Certain procedures may require special preoperative fasting instructions. If you receive separate instructions from the surgeon or the physician performing the procedure, those should be followed carefully.

Below is a table to further explain the timing of when to start fasting. Please look for the scheduled arrival time, and when to stop eating solid food. We encourage you to continue to drink clear liquids until 2 hours before arriving at the hospital or surgery center.

Stop Solid Foods	Drink Clear Liquids Until	Arrival Time
10 p.m.	4 a.m.	6 a.m.
Midnight	6 a.m.	8 a.m.
2 a.m.	8 a.m.	10 a.m.
4 a.m.	10 a.m.	12 p.m.
6 a.m.	12 pm.	2 p.m.