

Preoperative Guidelines For Elective Surgery

Any patient scheduled for a procedure requiring general anesthesia should follow these guidelines the night before surgery:

- ❖ You may have CLEAR LIQUIDS until 2 hours before surgery.
 - This means until two hours before coming in to the hospital.
- ❖ Eat no solid food / non-clear liquids after midnight on the night before your scheduled surgery (“NPO after midnight”)
 - You may have a normal dinner the evening before surgery, and a light snack prior to bed/midnight if you wish.
 - If you drink any non-clear liquids or eat any food within 6 hours of your surgery, please let your physician know as your surgery time will need to be delayed to avoid potential anesthesia complications.

CLEAR LIQUIDS are encouraged to prevent dehydration and thirst on the morning of surgery.

2 hours	6 – 8 hours
<p>Clear Liquids:</p> <ul style="list-style-type: none"> • water • clear juices without pulp -apple, cranberry • carbonated sodas (including colas) • black coffee and clear tea (sugar is OK, but no cream) • non-particulate sports drinks (Gatorade type drinks) • anything you can read a newspaper through (except Alcoholic drinks) 	<p>Regular or heavy meal:</p> <ul style="list-style-type: none"> • fried foods • fatty foods • meat <p>Beer, wine, liquor</p>