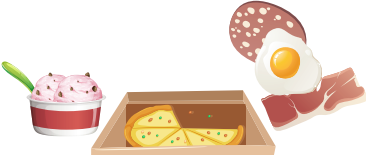






# A Guide to Eating and Drinking before Surgery or Procedures

Eat or drink these items	Following the schedule below	Examples	
	Solid foods	Until midnight or 8 hours before arrival time	All fatty or fried foods: Meat, cheese, ice cream.
	Infant formula or non-human milk	Until 6 hours before arrival time	
	Breast milk	Until 4 hours before arrival time	
	Clear liquids	Your scheduled arrival time	Any liquid you can see through: Water, Pedialyte®, apple juice, Jell-O®, soft drinks or other clear juices.
	Medications	Take medications at your usual time with a sip of water	Discuss medications with your provider to make sure surgery will be safe.

If you have any questions about these instructions, please discuss with your health care provider.