

Pre-Anesthetic Fasting Instructions for Adult Patients

Stop 8 hrs	Regular Food	Regular foods (including solid foods, nutritional shakes, soups, gum or candies) are allowed up until 8 hours before your scheduled arrival time. Certain patients may be instructed to avoid regular food for longer periods by their surgeon.
Stop 2 hrs	Clear Liquids	Clear liquids (water, clear apple juice, plain tea without milk or milk substitute, black coffee without milk or milk substitute) are encouraged up until 2 hours before your scheduled arrival time.
Any Time	Medicine	Any medications you have been instructed to take on the day of surgery should be taken with a sip of water.

Sample Arrival Times						My Arrival*	
Fasting Times		6:00 AM	8:00 AM	10:00 AM	12 Noon	2:00 PM	<hr/>
	Stop Regular Food	10:00 PM	Midnight	2:00 AM	4:00 AM	6:00 AM	
	Stop Clear Liquids	4:00 AM	6:00 AM	8:00 AM	10:00 AM	12 Noon	
	Take Medications	As Instructed	As Instructed	As Instructed	As Instructed	As Instructed	As Instructed

*You will receive a phone call with your scheduled arrival time within 3 days prior to your surgery.