


# ADULT SURGICAL PATIENTS

## PLEASE READ BEFORE THE DAY OF THE PROCEDURE

### Eating or drinking rules before your surgery, test, or treatment

Food and drink taken before anesthesia can cause problems, such as choking or vomiting. There are a few rules about eating and drinking that can prevent these problems.

If you have diabetes, gastric reflux, hiatal hernia, any disease of your stomach, or if you are pregnant, the following may not apply:

TYPE OF FOOD	EXAMPLES	LATEST TIME YOU CAN EAT OR DRINK
CLEAR LIQUIDS	Liquids you can see through: water, apple juice, other clear juices without pulp, plain Jello, tea, black coffee, <b>NO MILK</b>  <b>Last drink may not be more than 1 regular cup (8oz)</b>	3 hours before you are told to <b>ARRIVE</b> at hospital
ALL OTHER FOODS AND LIQUIDS	ALL solids, all candy, all products containing meat, all fried foods, all cheeses, ice cream	8 hours before you are told to <b>ARRIVE</b> at hospital

If you have diabetes, gastric reflux, hiatal hernia, any disease of your stomach, or if you are pregnant, do not eat or drink any liquids for 8 hours before you are told to arrive at the hospital.

Please take your usual medications with a sip of water on the day of surgery unless instructed not to do so.

If you have any questions, call Preadmission Testing at (603) 330-8936.