

## Eating and Drinking Rules Before you have Anesthesia

Follow these rules before your procedure to make sure the stomach is empty at the time of anesthesia. If the stomach is not empty at the time of anesthesia, stomach contents can come up and enter the lungs (called aspiration) and may cause serious problems.



If the patient eats or drinks too close to the time of the surgical procedure you will have to reschedule and will be charged a late cancellation fee.

Surgical Appointment Day/Time: \_\_\_\_\_

Type of food or drink	You can have until	Stop at
Solid foods (for example meat, eggs, yogurt, bread)	6 Hours before surgical appointment	_____ a.m./p.m.
Clear liquids (Sprite, Gatorade, water, apple juice)	2 Hours before surgical appointment	_____ a.m./p.m.

**\*\* You may not have anything by mouth the last two hours prior to your appointment\*\***

A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home. We cannot let a sedated patient leave in a taxi/Uber, or drive here and have someone pick them up later.

For questions about the Eating and Drinking Rules please call 303-321-0333

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