



PRE-SURGICAL DIETARY GUIDELINES

Adults and Children older than 12 months:

- DO NOT eat any solid food after midnight
- You may consume 8 ounces of clear liquids* after midnight up to 4 hours before surgery is scheduled.
- DO NOT drink anything 4 hours before scheduled surgery time.

Infants and Children younger than 12 months:

- DO NOT eat any solid food after midnight
- May drink infant formula up to 7 hours before your scheduled surgery time.
- May drink breast milk up to 5 hours before your scheduled surgery time.
- May drink clear liquids* up to 3 hours before your scheduled surgery time.
- DO NOT drink anything 3 hours before your scheduled surgery time.

DO NOT chew gum, suck on hard candy or mints 8 hours before your scheduled surgery time.

*Examples of clear liquids (liquids you can see through): water, clear fruit juices without pulp (apple juice), carbonated beverages (7-Up or Sprite), tea and black coffee (no cream or sugar).