

Patient Pre-anesthetic Fasting Instructions

1. Have no solid food or liquids containing fats, including milk, after midnight before your procedure.
2. On the day of your procedure, you should have only water or other clear liquids until 3 hours before the scheduled time of your procedure. Clear liquids include water, clear fruit juice (apple or cranberry) carbonated beverages, Gatorade and black or sweetened coffee and tea. **If cream is added to coffee, please expect either a delayed start time or to have your surgery postponed.**

Acceptable Liquids

- Water
- Clear Fruit juice (apple, cranberry)
- Gatorade
- Clear carbonated beverages

Unacceptable (DO NOT DRINK)

- Citrus juice (orange, pineapple)
- Clear broth
- Gelatin (Jell-O)*
- Apple sauce

3. Take your medications as directed with small sips of water at any time prior to your procedure. *(If a medication must be taken with something other than clear liquids or sips of water, please refer to the Preoperative Screening Clinic at (802)847-5400 for guidance.)*
4. Children under 1 year of age may have breast milk up to 4 hours and formula up to 6 hours before their procedure.