

Fasting before Surgery

All patients are asked to refrain from eating solid foods after midnight on the evening before surgery (or later, if advised by nursing staff). Up to 12 ounces of **clear liquid** may be consumed up to two hours prior to your arrival time at the surgery center. Clear liquids include:

- Water
- Clear fruit juices such as apple juice or cranberry juice
- Plain tea or black coffee (NO milk or creamer)
- Clear, electrolyte-replenishing drinks such as Pedialyte or Gatorade
- Ensure Clear or Boost Breeze (NOT the milkshake varieties)

Eating or drinking too close to surgery may result in your surgery being postponed or cancelled. This is because undigested food in your digestive tract can cause complications like vomiting and aspiration, when food comes up into the esophagus and lungs.

Pre-operative fasting is required before procedures that use general anesthesia, regional anesthesia, or IV sedation. However, you generally do not need to fast before local anesthesia.



It is recommended that you try to eat light the day before your procedure (such as soup and salad), and avoid heavy, fried, and fat-laden foods which take longer for you to digest.

If you are diabetic, you may need to adjust your insulin or discuss with your endocrinologist or surgeon how to maintain your blood sugars while fasting.

If you are on a semaglutide or tirzepatide such as Ozempic, Wegovy, Zepbound or similar medications, you may need to stop taking them up to 10 days prior to surgery as they delay gastric emptying.