

Welcome

Thank you for choosing Inova for your upcoming procedure. We strive to provide the highest quality care in a safe environment. At Inova, you will always be treated with compassion and concern.

These fasting guidelines provides information on how to prepare for your procedure. If you have additional questions, please speak with your surgeon or the care team member who interviews you prior to your procedure.

The following instructions are important for your safety. Please follow all instructions carefully.

Follow the fasting instructions for procedures requiring anesthesia or sedation as outlined below:

Solids	Clear liquids or ice chips	Breast milk	Infant formula	Nonhuman milk
No solid food after 11 pm the night before surgery.	You may have “clear” liquids or ice chips up to 2 hours prior to the specified arrival time. Examples of clear liquids include water, apple juice, sports drinks such as Gatorade, and coffee or tea without cream or milk. Sugar or sweetener may be added.	Feeding must end 4 hours prior to the scheduled procedure time. Do not add cereal or thickeners.	Feeding must end 6 hours prior to the scheduled procedure time. Do not add cereal or thickeners.	Feeding must end 6 hours prior to the scheduled procedure time. Do not add cereal or thickeners.