

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

If you have received pre-procedural diet instructions from your surgeon or proceduralist instructing you to fast for longer periods, please follow the most restrictive instructions.

The instructions here are general instructions that may not pertain to all patients.

<b>Solids</b>	<b>Clear liquids or ice chips</b>	<b>Breast milk</b>	<b>Infant formula</b>	<b>Nonhuman milk</b>
No solid food after 11 pm the night before your procedure.	<p>You may have clear liquids or ice chips up to 2 hours prior to your procedure.</p> <p>Clear liquid examples include water, apple juice, sports drinks (like Gatorade), and black coffee or tea (with sugar or sweetener allowed).</p>	<p>Feeding must end 4 hours prior to the scheduled procedure time.</p> <p>Do not add cereal or thickeners.</p>	<p>Feeding must end 6 hours prior to the scheduled procedure time.</p> <p>Do not add cereal or thickeners.</p>	<p>Feeding must end 6 hours prior to the scheduled procedure time.</p> <p>Do not add cereal or thickeners.</p>