











ADULT SURGICAL PATIENTS

PLEASE READ BEFORE THE DAY OF PROCEDURE

Eating or drinking rules before your surgery, test or treatment

Food and drink taken before anesthesia can cause problems such as choking or vomiting. There are a few rules about eating and drinking that can prevent these problems.

If you have diabetes, gastric reflux, hiatal hernia, any disease of your stomach or if you are pregnant, the following may not apply (see below).

Type of food	Examples	Latest time you can eat or drink 
Clear liquids	 Liquids you can see through: water, apple juice, other clear juices without pulp, plain jello, tea, black coffee, NO MILK	2 hours before you are told to arrive at hospital 
	 Last drink may not be more than 1 regular cup (8 oz)	
ALL other foods and liquids	All solids, all candy, all meat containing products, all fried foods, all cheeses, ice cream   	8 hours before you are told to arrive at hospital 

If you have diabetes, gastric reflux, hiatal hernia, any disease of your stomach or if you are pregnant, do not eat or drink any liquids for 8 hours, before you are told to arrive at the hospital.

Please take your usual medicines with a sip of water on the day of surgery unless instructed not to do so.

If you have any questions, call The Preoperative Evaluation Center at 410-955-1832; Monday-Friday 9 AM-4 PM