

FASTING GUIDELINES BEFORE OUTPATIENT SURGERY

Minimal Fasting Period and Clean-out Recommendations

Up to 8 HOURS before surgery

Normal Meal (Do not eat NOT mass quantities).

Up to 6 HOURS before surgery

Light Meal (conservative volumes – NOT mass quantities) to prevent hunger pains

Fat Free foods only. READ ALL NUTRITIONAL LABELS – If it contains fat don't eat it.

- Most fruits and vegetables have no fat in their purest forms. Coconuts and avocados are exceptions. It's usually the sauces, butter and other toppings you put on fruits and vegetables that increase the fat content. Most beans and legumes are fat-free when they are closest to their natural form. Canned beans often don't have added fats and are ready to eat.
- Because sugar does not contain fat, many candy products are fat-free.

Up to 3 HOURS before surgery

If you haven't evacuated your bowels in the past 24 hours: It is optional, but recommended to use 1 or 2 regular Fleets® enemas to force a bowel movement before surgery.

Up to 2 HOURS before surgery

Clear Liquids (conservative volumes – NOT mass quantities)

Soda, White Grape Juice and Other Fruit juices WITHOUT pulp.

Drink enough to prevent hunger pains, dehydration, or to **take medication**.

1 Second to 2 HOURS before surgery

Nothing to eat or drink.