

Patient Pre-anesthetic Fasting Instructions

1. Have no solid food or liquids containing fats, including milk, after midnight before your procedure.
2. You may only have water, apple juice, or sports drinks (e.g. Gatorade) up until 2 hours before your scheduled time to arrive to the hospital on the day of surgery. Please expect either a delayed start time or to have your surgery postponed if you do not follow these guidelines.

Acceptable Liquids
-Water
-Apple Juice
-Sports drinks

3. Take your medications as directed with small sips of water at any time prior to your procedure.
(If a medication must be taken with something other than clear liquids or sips of water, please refer to the Preoperative Screening Clinic at (802)847-5400 for guidance.)
4. Children under 1 year of age may have breast milk up to 4 hours and formula up to 6 hours before their procedure.
5. On the day of your procedure, no gum, mints, lozenges, or hard candy.



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