

# Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

## Alcohol and Tobacco: 24 Hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

## Regular Foods: 8 Hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

## Light Solid Foods: 6 Hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.  
A light meal is:
  - juice or coffee with milk or cream
  - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

## Clear Liquids: 2 Hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt or energy drinks.

## Medicines

- Take your medicines as directed with a small sip of water.

## Guidelines For Babies

- **6 hours** before the scheduled arrival time
  - you may give formula.
- **4 hours** before the scheduled arrival time
  - you may give breastmilk.