

Eating and Drinking Instructions

(NPO or Nothing By Mouth)

All Patients:

- No food eight (8) hours prior to **CHECK IN TIME**. This includes all food, gum, mints, dairy products

Adults & Children >12 years old:

- No more than sixteen (16) ounces of clear liquids & must be finished two (2) hours prior to **CHECK IN TIME**

Pediatrics 5-12 years old:

- No more than six (6) ounces of clear liquids and must be finished two (2) hours prior to **CHECK IN TIME**

Pediatrics younger than 5 years old:

- No more than four (4) ounces of water or Pedialyte (no substitutions) and it must be finished two (2) hours prior to **CHECK IN TIME**
- Breast Milk – No more than four (4) ounces up to four (4) hours prior to **CHECK IN TIME**

Clear liquids – **NOT** milk or dairy products – are permitted until 2 hours before the time the patient is scheduled to arrive at the hospital or surgery center.

Clear, see-through liquids include:

- Water
- Clear fruit juices such as apple juice and white cranberry juice
- Plain tea or black coffee (NO milk or creamer)
- Clear, electrolyte-replenishing drinks such as Pedialyte, Gatorade, or Powerade (NOT yogurt or pulp-containing “smoothies”)

Stop Solid Foods	Drink Clear Liquids Until	Check in Time
10 PM	4 AM	6 AM
Midnight	6 AM	8 AM
2 AM	8 AM	10 AM
4 AM	10 AM	12 PM
6 AM	12 PM	2 PM

Hydration and Nutrition Recommendations

Days Prior to Surgery:

- Consume 64 ounces of water (x8 8-oz glasses) per day during the week leading up to surgery
- Consume high protein (adults: 70 grams per day) during the week leading up to surgery

Days Post Surgery:

- Continue to hydrate with water to promote healing, minimize post-operative dehydration, and possible adverse effects of narcotics such as constipation
- Continue consuming a healthy diet that includes fiber and protein to promote wound healing a recovery