

Eating and Drinking Restrictions Instructions

(NPO or Nothing By Mouth)

All Patients:

- No food ten (10) 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 four (4) hours prior to **CHECK IN TIME**

Pediatrics 5-12 years old:

- No more than six (6) ounces of clear liquids and must be finished four (4) 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 four (4) 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 4 hours before the time the patient is scheduled to arrive at the hospital or surgery center.

Clear, see-through liquids include:

- Water
- Pedialyte
- Gatorade, or Powerade (No yogurt or pulp-containing “smoothies”)

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