

Pre-Operative Do's and Don'ts

Do continue to brush your teeth and take medications as directed.

Do continue to drink water up to three hours (3) before your procedure.

Don't put anything except prescribed medications in your mouth within three hours of surgery. This includes candy and mints.

Don't add milk, creamer or any fats to your coffee or tea.

Don't smoke or use other tobacco products on the day of your procedure. This includes chewing tobacco.

Note: For surgery scheduled after 2 p.m., you may have plain, dry toast or plain, dry crackers and clear liquids for breakfast and finish before 7 a.m.

Important Information

These recommendations apply to healthy patients who are coming from home for a procedure. They are not intended for pregnant women or those with stomach or bowel problems. These instructions must be followed specifically and time frames strictly adhered to in order to avoid surgery cancellation or delays.

Except as explained, no other types of food or drink should be consumed on the day of surgery.

Your surgeon may have additional instructions. Please follow whichever instructions are the most restrictive.

**Health
First**

Cape Canaveral Hospital

701 W. Cocoa Beach Causeway
Cocoa Beach, FL 32931
321.799.7111

Holmes Regional Medical Center

1350 S. Hickory St.
Melbourne, FL 32901
321.434.7000

Palm Bay Hospital

1425 Malabar Road NE
Palm Bay, FL 32901
321.434.8000

Viera Hospital

8745 N. Wickham Road
Melbourne, FL 32940
321.434.9000

Melbourne GI Center

1051 S. Hickory St., Suite K
Melbourne, FL 32901
321.434.1919

Melbourne Same Day Surgery Center

1035 S. Apollo Blvd.
Melbourne, FL 32901
321.434.7216

*This brochure is the intellectual property of
BREVARD PHYSICIAN ASSOCIATES, PLLC*

**Health
First**



Outpatient Pre-Operative Fasting Guidelines



Summary of Fasting Recommendation to Reduce the Risk of Pulmonary Aspiration (fluid entering your lungs)¹

Ingested Material	Minimum Fasting Period ²
Clear liquids	Three hours
Breast milk	Four hours
Infant formula and non-human milk	Six hours
Light meal*	Seven hours
Most meals	Eight hours

1. *These recommendations apply to healthy patients who are undergoing elective procedures. They are not intended for pregnant women or those with stomach or bowel problems. Following the guidelines does not guarantee a complete gastric emptying has occurred.*
2. *The fasting periods noted here apply to all ages.*

Good News

You no longer have to fast after midnight before surgery. We would like you to stay hydrated by drinking water up to three hours before your procedure.

New research shows you may enjoy a stronger recovery (wake up feeling better and have a lower risk of infection) from surgery if you are not malnourished and dehydrated. As such, the old instruction of “nothing to eat or drink after midnight” is only required if instructed by your surgeon.

In fact, we now encourage patients who are coming from home for an afternoon procedure to finish eating a light, fat-free meal* seven hours before the scheduled surgery time. For morning surgery, you may finish drinking clear liquids up to three hours before your scheduled surgery time.

*What is a Light Meal?

A light meal consists of plain, dry toast or plain, dry crackers and clear liquids. Other foods, like dairy, meat, fatty or fried foods, should not be eaten at any time on the day of surgery.

No food of any kind should be eaten seven hours before the scheduled surgery time.

What Are Considered Acceptable Clear Liquids?

Clear liquids are liquids you can easily see through, without any particles. Examples of clear liquids include water, apple juice, sports drinks, black coffee or tea without any milk or cream. Nothing containing milk, fat, pulp, protein or fiber should be consumed on the day of surgery. Clear liquids may be consumed up to three hours before the scheduled surgery time.

No liquids of any kind should be consumed within three hours of the scheduled surgery time, except for a sip of water with prescribed medication.

What About Babies?

Breast milk should be given up to four hours before surgery. Infant formula and non-human milk should be discontinued six hours before the scheduled surgery time.

What About Elderly, Malnourished and Diabetic Patients?

These patients can follow the guidelines listed but may need additional supplementation as directed by the treating physician, in consultation with the anesthesiologist.