

**Department of Anesthesiology
Fletcher Allen Health Care**

Patient Pre-Anesthetic Fasting Instructions

Please do not eat solid food or drink liquids containing fats, including milk, after midnight before your procedure.

You may have the following fat-free, clear liquids until 2 hours before the scheduled time of your arrival at the hospital:

- 1) Water
- 2) Apple or cranberry juice
- 3) Non alcoholic carbonated beverages
- 4) Jell-O®
- 5) Black or sweetened coffee
- 6) Plain or sweetened tea

Children under 1 year of age may have breast milk up to 2 hours and formula up to 4 hours before their arrival time.

Please 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 sips of water, please call the Preoperative Screening Clinic for guidance.

These guidelines were created with your (or your child's) safety in mind. Failure to comply with them may result in cancellation or a delay on the day of surgery. More information is available on the Fletcher Allen Health Care Website at _____ . The Preoperative Screening Clinic can be reached by dialing (802)847-5400.