


When should you stop eating and drinking before surgery?

Stop eating everything at midnight prior to your surgery except clear liquids.

No food, no gum, no mints, no candy, no coffee, no chewing gum, and no alcohol.

Last Time to Drink	Liquids	Examples
<p>You may drink 20 ounces of clear liquids between midnight and 2 hours prior to leaving your house for the hospital. Of these 20 ounces, only 8 ounces may be consumed in the last hour before leaving your house.</p> <p><i>*See EXCEPTIONS below</i></p>	<p>Clear liquids ONLY</p> 	<p>The only liquids you can drink during this time include water, clear Gatorade, clear tea, and apple juice.</p> <p><i>If you are Diabetic – You may have Gatorade Zero without sugar</i></p>

***EXCEPTIONS: ALWAYS FOLLOW SPECIFIC INSTRUCTIONS FROM YOUR SURGEON**

If You Have **End Stage Kidney Disease (ESRD)**, **Achalasia** (difficulty swallowing), **Gastroparesis** (slow stomach emptying), **Severe GERD** (acid reflux), or **History of a Gastric Bypass Surgery**, then all oral intake must stop at midnight.

- PLEASE NOTE: It is extremely important to follow the above instructions. If you do not follow the above instructions, your surgery may be delayed or cancelled.
- If you have questions, please call the AAMC Prep Team at 443-481-1800
- If your surgery is at the Edwards Surgical Pavilion, please call 443-481-5700