



**BAY ANESTHESIA
GROUP**

THE CARE YOU NEED, WHERE YOU NEED IT

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Food & Drink Guidelines for Anesthesia Patients

Early Morning Appointments:

Nothing to eat or drink after midnight the evening prior and absolutely nothing the morning of the procedure

Mid-Late Morning Appointments:

Nothing to eat after midnight the evening prior

**IF Time Permits: Clear/Light in color fluids are ok up to 2hrs prior to appointment time (Ex: Water, Apple Juice, 7up, Sprite, Ginger Ale, Gatorade, Pedialyte)

Afternoon & Evening Appointments:

Light meal and/or snack *completed* up to 7hrs prior to appointment time - No meats or foods that are high in fats or oils (Examples of meals/snacks: Cereal, Eggs, Oatmeal, Fruit, Muffin)

Clear/Light in color fluids are ok up to 2hrs prior to appointment time (Ex: Water, Apple Juice, 7up, Sprite, Ginger Ale, Gatorade, Pedialyte)

** Children Breastfeeding may be nursed up to 4hrs prior to their appointment time*

**Other Options for "Fluids" may include: Light Colored Jell-O or Light colored Popsicles*

If you have any questions, please feel free to contact our office directly at (650) 282-4171. We are happy to review this with you for your specific appointment time!