



**BAY ANESTHESIA
GROUP**

THE CARE YOU NEED, WHERE YOU NEED IT

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Food & Drink Guidelines for Anesthesia Patients

7hrs prior to the procedure time:

NO FOOD/MEALS are permitted. A **Light Snack** is permitted but may **ONLY** include the following: *Fruits/Vegetables, Apple Sauce, Yogurt, Milk, Oatmeal, Cereal, Toast, Clear Broth or Plain Rice.* (All other food items must stop 9hrs prior to the procedure time.)

4hrs prior to the procedure time:

Children who are **Breastfeeding** may be nursed. **ONLY** breast milk, no other milk is allowed.

2hrs prior to the procedure time:

CLEAR FLUIDS are permitted. **ONLY** the following fluids are permitted: *Water, Black Coffee (no creamer), Apple Juice, 7up/Sprite, Ginger Ale, Gatorade or Pedialyte.* **NO MILK.**

- Light Colored **Jell-O** is also permitted (*No Red Jell-O please)

If You/Your Child's appointment is scheduled in the Afternoon or Early Evening:

We highly encourage you/your child to hydrate with Clear Fluids or Jell-O up to the 2hrs prior to your/your child's procedure time!

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!