



Eating and Drinking Guidelines Before Anesthesia

Please follow the guidelines outlined below before your child's/your procedure to ensure an empty stomach at the time of anesthesia. If the stomach is not empty at the time of anesthesia, stomach contents can enter the airway, make their way to the lungs (called aspiration) and can cause serious health complications and lung scarring.



If these guidelines are not strictly followed, the appointment will be canceled and all non-refundable deposits will be forfeited.

When	Type of Food or Drink
Last Meal	
9 or More Hours Before Procedure	<p>Solid Foods (For example: meat, eggs, bread, pasta)</p> 
Light Meal/Non-Clear Items	
7 or More Hours Before Procedure	<p><u>ONLY THESE ITEMS:</u> fruits/vegetables, apple sauce, yogurt, milk, oatmeal, cereal, toast, clear broth, plain rice, formula</p> 
Clear Liquids & Approved Medications	
2 or More Hours Before Procedure	<p><u>ONLY THESE ITEMS:</u> water, Sprite, clear juice, black coffee, Jell-O, sports drinks, Otter Pops *nothing red in color*</p> 
NOTHING AT ALL	
0-2 Hours Before Procedure	

**No gum, candy or mints on the day of your appointment.

For ANY questions about the Eating and Drinking Guidelines, please contact us by phone or text at 650-282-4171. We are happy to provide you with detailed instructions based on your appointment time, provided by your dental provider.