



ANESTHESIA & SEDATION

Fasting before a surgery

Why is fasting crucial before surgery?

In order to avoid complications during surgery and anesthesia, fasting is essential. If you have anything in your stomach while under anesthesia, it may come back up and enter your lungs while you are unconscious.



For your safety, it is essential to follow the below instructions regarding eating and drinking:

FASTING FOR SOLIDS



6

Hours

A light meal may be consumed up to six hours before general anesthesia, sedation, or regional anesthesia-required procedures.

8

Hours

For fried, greasy, and meat dishes eight hours of fasting are required prior to the surgery.

FASTING FOR FLUIDS



2

Hours

You are encouraged to consume water up to two hours prior to your operation.

6

Hours

Alcohol, tea, coffee, and juice should not be consumed 6 hours before the procedure.