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Pediatric Urology

## What can I eat or drink before my surgical procedure?

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We have developed these guidelines according to national standards and for your safety. If you do NOT follow these guidelines, your procedure may be **DELAYED** or **CANCELLED**.

*The following is for ALL patients:*

### 1. **Solid Food:**

**Do NOT Eat** solid food of ANY kind after midnight the night prior to your procedure. This includes any candy or mints that you would suck on, chewing gum and chewing tobacco. This also includes liquids such as baby formula, protein shakes, liquid yogurt and milk products.

### 2. **Clear Liquids:**

You may have clear liquids from midnight until **3 hours** prior to your **scheduled** procedure time. NOTHING should be consumed in the 3 hours before your procedure.

*The only things you can have before your procedure:*

Gatorade – **this is the preferred drink to give you some calories**

Pedialyte

Water

Apple juice

White grape juice

Soda (i.e., cola, diet cola, 7-up)

BLACK coffee\*

Tea\*

**\*NO** cream, creamer or milk product

**OK** to have sugar and artificial sweeteners

### 3. **Medications:**

Take whatever medications you have been told to take with a sip of water.

### 4. **For infants who are breast-feeding:**

Breast milk (**NOT** formula) can be consumed up to **5 hours** prior to the scheduled procedure time. The baby can have clear fluids (see above) up to **3 hours** before the procedure. NOTHING can be consumed in the 3 hours prior to the procedure.