

Minimum preoperative fasting guidelines for NON-DIABETIC patients aged 14 and over

Minimum fasting guidelines/Non-diabetic adults

Here are some fasting guidelines to follow ahead of your surgery. Make sure to follow them carefully, or your surgery could be cancelled. If you have severe gastroesophageal reflux, difficulty swallowing, or a bowel obstruction, you should not eat or drink after midnight on the day of your surgery.



Solid food

Solid food is forbidden after midnight on the day of your surgery, regardless of the time of your operation. This means you can eat normally up until midnight.



Liquids

Drinking clear, sweet, pulp-free liquids will help you recover and reduce the risk of complications, which is why you are encouraged to drink the recommended amounts.

Even though we recommend you drink these liquids, they are not mandatory. You can choose not to drink them or drink less if you experience nausea.

The evening before your surgery:

You can drink up to 1,000 mL (4 cups) of clear, sweet, pulp-free liquids.

The morning of your surgery, up until 6 a.m.:

You can drink up to 500 mL (2 cups) of clear, sweet, pulp-free liquids.

List of liquids allowed:

Clear, pulp-free juice (apple, cranberry, or grape), water, and sports drinks such as Gatorade or Powerade

→ **Juice with pulp, energy drinks, tea, coffee, and dairy products are not allowed**

The morning of your surgery, take your medication with a small amount of water, as instructed by the nurse at the preadmission clinic.

→ **Do not smoke on the morning of the surgery. Stop using cannabis 3 days before your surgery and all other drugs 7 days before your surgery.**