



MINIMUM PREOPERATIVE FASTING GUIDELINES NON-DIABETIC PATIENTS AGED 14 AND OVER

What you need to know

Here are some fasting
guidelines to follow
ahead of your surgery.
Make sure to follow them
carefully, or your surgery
could be cancelled.

Minimum fasting guidelines – Non-diabetic adults

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.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.

