

PRE-TESTING GUIDELINES/NPO GUIDELINES:

***The following are guidelines for patients having IVCS, Macs, IV Blocks, General and Spinal anesthesia:**

1. Patients may have **CLEAR LIQUIDS** up to **THREE HOURS** prior to **ARRIVAL TIME**.
2. Clear liquids include: water, PULP FREE juice, tea or **BLACK** coffee-**NO CREAM OR MILK**.
3. Breast Milk up to 4 hours
Formula up to 6 hours
Non-Formula up to 8 hours
4. Patients may take medications as instructed with a sip of water the morning of surgery.
5. **NO LARGE MEAL AT MIDNIGHT**. The last large meal should be in the early evening.