

Fasting guidelines for patients

Please follow these instructions carefully if your procedure involves anesthesia or sedation. Not following these guidelines may increase your risk of complications and result in your procedure being delayed or rescheduled.

Important notes:

- **Do not start a GLP-1 medication** (i.e. Wegovy®, Ozempic®, Mounjaro®, Zepbound® or others) until after your procedure.
- **If you stopped a GLP-1 medication in the last 5 weeks**, you must follow the GLP-1 special diet and fasting instructions. Please tell your provider that you stopped this medication before your procedure.
- **Patients with delayed gastric emptying** must follow a low-fat diet with easy-to-digest foods starting 48 hours prior to scheduled procedure.
- **Fasting longer is safer and helps reduce the risk of complications.** If your surgeon asks you to fast longer than these guidelines, follow your surgeon’s instructions. If the fasting time is shorter, follow the guidelines in this document.

Standard fasting requirements

Timing	Instructions
11 p.m. the night before your procedure time	Stop solid foods, soup, or drink non-clear liquids. <i>You may only have acceptable clear liquids (listed below) after this time.</i>
6 hours before your procedure time	For children, stop infant formula
4 hours before your procedure time	For children, stop breast milk
2 hours before your procedure time	Stop everything by mouth

GLP-1 and delayed gastric emptying fasting requirements

Timing	Instructions
24 hours before your procedure time	Do not eat solid foods, soup, or drink non-clear liquids for 24 hours before your surgery time. <i>You may only have acceptable clear liquids (listed below) within 24 hours of your surgery time. If you don't know your procedure time, stop eating solid foods, soup, or drink non-clear liquids at 7 a.m. the day before your procedure.</i>
8 hours before your procedure time	Stop drinking enhanced high-carbohydrate liquids (i.e. Clear Fast® and Ensure Pre-Surgery Clear Carbohydrate Drink)
4 hours before your procedure time	Stop everything by mouth

Definition of clear liquids: Water, apple juice, sports drinks (i.e. Gatorade®) and black coffee or tea **without** milk, cream or honey.

General preparation guidelines: For additional instructions to help you prepare for your procedure, visit www.inova.org/prepare.