



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 could result in the cancellation of your procedure.

Important Notes:

- If your surgeon or proceduralist has provided specific dietary instructions that differ from the ones above, always follow the most restrictive guidance.
- If you take a **GLP-1 medication for diabetes or weight-loss such as Wegovy, Ozempic, Mounjaro, or Zepbound**, it is very important that you have no solid food or non-clear liquids for 24 hours prior to surgery.
- Failure to follow these fasting guidelines may increase your risk of complications and could result in the cancellation of your procedure.

Standard Fasting Requirements

Ingested material	Fasting requirement stop times
Clear liquids	2 hours prior to scheduled procedure time
Breast milk	4 hours prior to scheduled procedure time
Infant formula	6 hours prior to scheduled procedure time
Non-human milk	6 hours prior to scheduled procedure time
Solid food	No solid food after 11pm the night before surgery

Fasting Requirements for Patients taking GLP-1 RAs

Ingested material	Fasting requirement stop times
Clear liquids	4 hours prior to scheduled procedure time
High carbohydrate clear liquids (i.e., ClearFast)	8 hours prior to scheduled procedure time
Non-clear liquids	24 hours prior to scheduled procedure time
Solid food	No solid food 24 hours prior to procedure time

Fasting Requirements for Patients with Delayed Gastric Emptying

Ingested material	Fasting requirement stop times
Clear liquids	4 hours prior to scheduled procedure time
Non-clear liquids and solid food	24 hours prior to scheduled procedure time
Patients instructed to <i>begin</i> a low fat, low residue diet 48 hours prior to scheduled procedure	