

PRINCETON MEDICAL GROUP- OB/GYN DEPARTMENT

609-924-9300

PRE-ANESTHESIA NPO GUIDELINES FOR PATIENTS

Updated May 2018

- NO SOLID FOODS after midnight
- MAY have small sips of clear liquids or water up until 4 hours before procedure time.
- Acceptable clear liquids are: black coffee, black tea, apple juice, Gatorade (if you DO NOT want to drink anything, you do not have to- unless otherwise directed by hospital staff)
- NOTHING BY MOUTH at 4 hours before procedure time
(ex: procedure scheduled for 8am so nothing by mouth after 4am)