



## **DIET** the night prior to surgery

Most surgery or procedures require the patient to stop eating and drinking for at least 6 to 8 hours prior to surgery or a procedure. Most doctors will tell you to stop eating and drinking after midnight the night before your surgery/procedure (NPO).

If you eat just prior to a procedure most often your procedure will be canceled and rescheduled.

Make sure you know when you should stop eating and drinking. If not sure stop at least 6hrs before your scheduled surgery time or call the office.