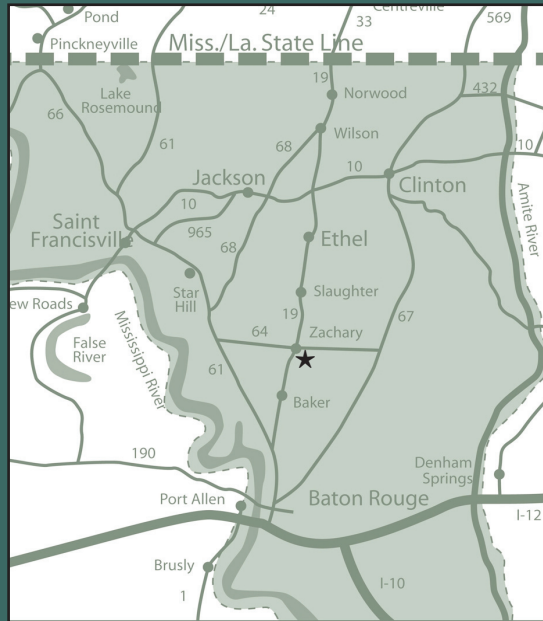


**DO NOT EAT  
OR DRINK  
ANYTHING  
AFTER  
MIDNIGHT  
the night  
before your  
procedure.**



**SAFETY BEFORE  
SURGERY**

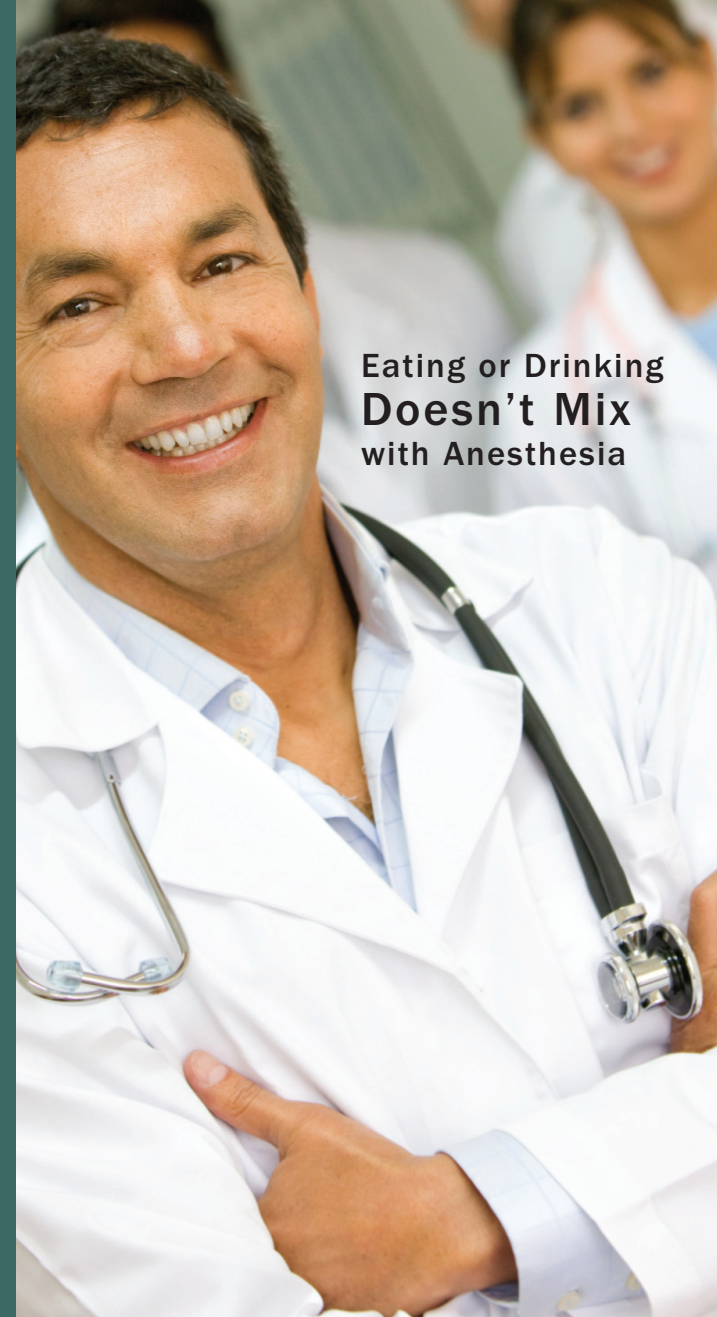
LANE REGIONAL MEDICAL CENTER



**Lane Regional  
Medical Center**

*Changing and Growing With You*

6300 Main Street  
Zachary, Louisiana 70791  
(225) 658-4000 | LaneRMC.org



**Eating or Drinking  
Doesn't Mix  
with Anesthesia**



# SAFETY BEFORE SURGERY

You have been scheduled for surgery at Lane Regional Medical Center. For your safety, your stomach must be empty before getting anesthesia.

It is very important that you follow these eating and drinking instructions closely. If you do not, your procedure may be delayed or cancelled.

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## What does NPO mean?

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NPO means:

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT the night before your procedure.**

**This means NO food items!  
This means NO liquids!**

No water  
No juice  
No soft drinks  
No coffee or caffeine drinks  
No candy  
No mints  
No gum  
No chewing tobacco  
No smoking of any kind

If you need to take any medication, your doctor will instruct you.

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## Why is it important that I not eat or drink anything?

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No matter what your family or friends tell you, or what you see or hear on TV or in magazines, it is VERY IMPORTANT that you do NOT eat or drink before your surgery.

Food, liquids, even gum and mints stimulate the increase of gastric acid secretion (makes more stomach juices in your stomach). This can make you vomit during surgery and the vomit can go into your lungs. This is called “aspiration pneumonia” which can cause you to have to stay in the hospital longer, and you can even die from this.

The medication you are given for your surgery relaxes your swallowing muscles. This increases the chance of food and liquid getting into your lungs if vomiting occurs.

If you have any questions about not eating or drinking before surgery, please talk to your doctor or call one of the Day Surgery Nurses at Lane, (225)658-4539.

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## What happens if I eat or drink something?

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You may become very nauseated and vomit during surgery, leading to aspiration pneumonia, surgical complications and a longer hospital stay, or even death.

Your surgery may be delayed to a later time of day.

Your surgery may be cancelled.

It decreases the safety of your surgery and can cause surgical complications that may delay your getting to go home when planned.

It can be an inconvenience to you and your family, as well as your doctor, anesthesia team and the hospital staff.

# NO FOOD OR DRINK