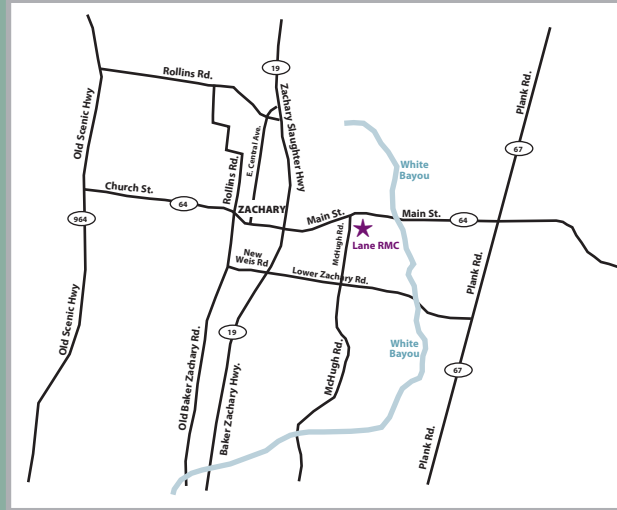


**DO NOT EAT
OR DRINK
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AFTER
MIDNIGHT
the night
before your
procedure.**

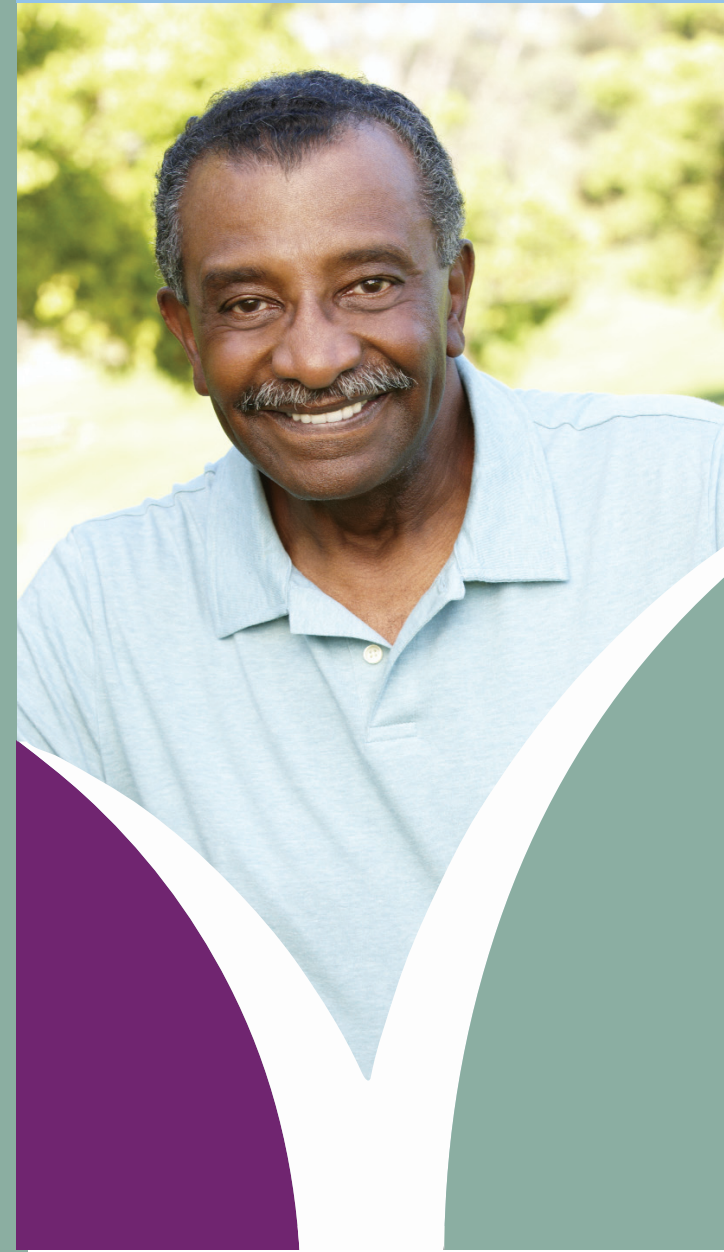


Lane Regional
Medical Center

Care You Can Count On

6300 Main Street
Zachary, LA 70791
225-658-4000
LaneRMC.org

SAFETY BEFORE SURGERY



Lane Regional
Medical Center

Care You Can Count On



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

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

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.

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

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 which 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 surgical complications, a longer hospital stay or even death!

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 the Pre-Admit Nurse at 225-658-6685.



What happens if I eat or drink something after midnight?

- Eating or drinking after midnight decreases the safety of your surgery and can cause surgical complications that may delay getting you home when planned.
- Your surgery may be delayed to a later time of day or cancelled.
- You may become very nauseated and vomit during surgery, leading to aspiration pneumonia, surgical complications and a longer hospital stay, or even death.
- It can be an inconvenience to you and your family, as well as your doctor, anesthesia team, and the hospital staff.