

Fasting and Medication Guidelines Before Your Surgery

Dear [Patient's Name],

As you prepare for your upcoming surgery scheduled on [Date], please carefully review the following fasting and medication guidelines to ensure your safety and the success of the procedure.

Fasting Guidelines:

- No solid food or drink after [Time] the night before your surgery.
- You may have clear liquids (water, broth, or apple juice) until [Time] on the day of surgery.
- Do not consume any alcoholic beverages or dairy products.

Medication Guidelines:

- Please continue taking your routine medications as instructed by your primary physician.
- For blood thinners, consult your doctor about when to stop taking them prior to surgery.
- Do not take any over-the-counter medications or herbal supplements without consulting your surgical team.

If you have any questions or concerns regarding these guidelines, please contact our office at [Contact Information].

Thank you for your cooperation.

Sincerely,

[Your Name]

[Your Title]

[Hospital/Clinic Name]