

Pre-operative Fast Guidelines

Dear [Patient's Name],

As you prepare for your upcoming surgery on [Date], it is important to follow the guidelines for fasting prior to the procedure. Adhering to these instructions will help ensure your safety and the success of your surgery.

Fasting Instructions

- **Food:** Do not eat solid food for at least [X] hours before your surgery.
- **Clear liquids:** You may consume clear liquids up until [Y] hours before surgery. This includes water, clear broth, and apple juice.
- **Milk and dairy products:** Avoid milk and dairy products for [Z] hours prior to the procedure.
- **Medications:** If you are on any medications, please consult with your physician about taking them on the day of surgery.

We appreciate your cooperation in following these guidelines. If you have any concerns or questions, please do not hesitate to contact our office at [Phone Number].

Thank you, and we look forward to seeing you on [Date].

Sincerely,
[Your Name]
[Your Title]
[Your Institution]