

When to Stop Eating and Drinking Before Surgery: Patient Timetable

Use this timetable to calculate **when to STOP EATING at 8 hours** before your Surgery Time, and when to **when to STOP DRINKING at 3 hours** before your Surgery Time. Follow these times carefully, along with the AHS Eating and Drinking Before Surgery: **Patient Instructions** or your surgery may be cancelled. For patients **with Bowel Prep**, follow bowel prep instructions given by your Surgeon or Pre-admission Clinic (PAC) for **when to STOP EATING**.

Surgery Time	Time to STOP EATING At 8 hours before Surgery Time Continue to drink clear fluids until 3 hours before Surgery Time, as described in the AHS Eating and Drinking Before Surgery: Patient Instructions.	Time to STOP DRINKING At 3 hours before Surgery Time
7:00 am	11:00 pm (Day Before)	4:00 am
7:15 am	11:15 pm (Day Before)	4:15 am
7:30 am	11:30 pm (Day Before)	4:30 am
7:45 am	11:45 pm (Day Before)	4:45 am
8:00 am	Midnight (Day Before)	5:00 am
8:15 am	12:15 am	5:15 am
8:30 am	12:30 am	5:30 am
8:45 am	12:45 am	5:45 am
9:00 am	1:00 am	6:00 am
9:15 am	1:15 am	6:15 am
9:30 am	1:30 am	6:30 am
9:45 am	1:45 am	6:45 am
10:00 am	2:00 am	7:00 am
10:15 am	2:15 am	7:15 am
10:30 am	2:30 am	7:30 am
10:45 am	2:45 am	7:45 am
11:00 am	3:00 am	8:00 am
11:15 am	3:15 am	8:15 am
11:30am	3:30 am	8:30 am
11:45am	3:45 am	8:45 am
12:00 noon	4:00 am	9:00 am
12:15 pm	4:15 am	9:15 am
12:30 pm	4:30 am	9:30 am
12:45 pm	4:45 am	9:45 am
1:00 pm	5:00 am	10:00 am
1:15 pm	5:15 am	10:15 am
1:30 pm	5:30 am	10:30 am
1:45 pm	5:45 am	10:45 am
2:00 pm	6:00 am	11:00 am
2:15 pm	6:15 am	11:15 am
2:30 pm	6:30 am	11:30 am
2:45 pm	6:45 am	11:45 am
3:00 pm	7:00 am	12:00 noon

Prepared by ERASAlberta, Surgery Strategic Clinical Network™

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