



NPO Guidelines for Patients

Patients may **not** have solid foods and dairy products after midnight the night before the scheduled **arrival time**.

Patients with a diagnosis of gastroparesis should adhere to no liquids for up to 24 hours.

Clear liquids, NOT dairy products, are allowed until 3 hours before the arrival time.

Clear liquids include:

- Water
- Clear fruit juices such as apple or white cranberry juice
- Plain tea or black coffee (NO milk or creamer)
- Clear, electrolyte-replenishing drinks such as Pedialyte or Gatorade
- Ensure Clear or Boost Breeze (NOT the milkshake varieties)

Clear liquids do not include:

- Coffee with milk
- Yogurt drinks
- Milkshakes/Smoothies
- Pulp containing Juices

The table below explains the timing of when to stop oral intake for both solid food and clear liquids. The patient should look for the *arrival time* and the coordinated time for when to stop consuming food or drink.

Arrival Time	Stop Solid Foods	Drink Clear Liquids Until
8 a.m.	Midnight	5 a.m.
10 a.m.	Midnight	7 a.m.
12 p.m.	Midnight	9 a.m.
2 p.m.	Midnight	11 a.m.