

2 hour FAST (no food) REQUIRED FOR NITROUS/N2O

DAY OF INSTRUCTIONS FOR EATING

DO'S



PB& J/ Sunflower
Butter & Jelly

Oatmeal+Water



Banana

Crackers



DON'TS



No Milk

No Cheese

No Yogurt

No Eggs

No Juice

No French
Fries

No Pizza

