

# Fasting Instructions for Elective Surgical Cases

## PLEASE READ BEFORE THE DAY OF PROCEDURE

### Guidelines for patients 1 - 12 years old

For your child's safety, it is very important to follow instructions about eating or drinking before surgery.

Your child may eat solid foods until 8 hours before their scheduled *arrival time* at the hospital or surgery center.

Your child may drink milk, formula, or breast milk until 6 hours before their scheduled *arrival time* at the hospital or surgery center.

Encourage your child to drink clear liquids - NOT milk or dairy products - until 2 hours before their scheduled *arrival time* at the hospital or surgery center.

Clear, see-through liquids that are good for your child include:

- Water
- Apple juice
- Pedialyte

Certain procedures may require special preoperative fasting instructions. If you receive separate instructions from your child's surgeon or the physician performing the procedure, those should be followed carefully.

Below is a table to further explain the timing of when your child should stop eating and drinking. Look for your child's scheduled *arrival time*, and when to stop giving solid food and dairy products. Please offer your child clear liquids before surgery as desired until 2 hours before their scheduled *arrival time* at the hospital or surgery center.

<b>Stop Solid Foods</b>	<b>Stop Milk</b>	<b>Drink Clear Liquids Until</b>	<b>Arrival Time</b>
11 p.m.	1 a.m.	5 a.m.	7 a.m.
Midnight	2 a.m.	6 a.m.	8 a.m.
2 a.m.	4 a.m.	8 a.m.	10 a.m.
4 a.m.	6 a.m.	10 a.m.	12 p.m.
6 a.m.	8 a.m.	12 p.m.	2 p.m.