

DIET INSTRUCTIONS

How many hours BEFORE surgery should food and liquids be stopped?

Age Group	Infants & Toddlers	Children & Adults
Type of Food		
Clear liquids	4 hours	4 hours
Human Breast Milk	4 hours	N/A
Formula	6 hours	N/A
Regular Diet	By midnight	By midnight

By midnight before surgery: stop regular food (Cow milk, cereal, yogurt, solids, etc).

By 6 hours before surgery: Stop formula. May have unlimited clear liquids.

By 4 hours before surgery: Finish breastfeeding and any clear liquids. No formula or any solid food.

Clear liquids are: apple or grape juice, Pedialyte, clear jello without fruits, and water.

Example 1: for a 6 month old infant, if surgery is scheduled at 9 am, solid foods (eg rice cereal) need to be stopped by midnight, formula by 3 am, and breast milk, apple juice or pedialyte by 5 am.

Example 2: for a 3 year old child or older person, if surgery is scheduled at 11 pm, regular cow milk and solid food (eg chicken nuggets) need to be stopped by midnight and apple juice or water by 7 am.

It is a good idea to give young babies some clear liquids or breast milk (but NO solid food or formula) about 4 hours prior to surgery to keep them well hydrated and less irritable. If a child is dehydrated, it may be more difficult to start an IV, which is required for the surgery.

The above guideline was developed with pediatric anesthesiologists to help reduce the risks associated with general anesthesia. The patient's surgery may be delayed or cancelled if the diet instructions are not followed.

FOR CHILDREN WHO TAKE MEDICATIONS OR HAVE SPECIAL NEEDS

- Follow the instructions your child's surgeon has told you regarding most medications.
- Check with your child's pediatrician to confirm when to stop the medications if there is any question.
- If your child has special medical conditions (hemophilia, lung disease, heart disease, gastroesophageal reflux, etc.), please discuss these with your surgeon; also inform the doctors who see your child for those conditions to see if any precautions are necessary.
- Please tell the surgeon of any significant allergies (Latex, medications, X-ray contrast)
- Inform the surgeon and the anesthesiologist if anyone in the immediate family has had any problems with anesthesia.
- Unless otherwise instructed, please be sure your child stops taking aspirin, NSAIDS (Advil, Motrin, Naprosyn or related medications) 7 days prior to the procedure.
- If your child has an upper respiratory tract infection (cold, flu, RSV, pneumonia, ear infection, etc.) within two weeks of the surgery date, please inform us as soon as possible as the surgery may need to be rescheduled.

Thank you for your attention.