

Stop Eating and Drinking Before Anesthesia or Sedation

Any food or liquid in your child's stomach while going to sleep under anaesthesia can flow up to the mouth and pass down into the lungs. This is **VERY DANGEROUS** for your child.

If these rules are not followed your child's procedure will be cancelled.



Rules for Eating and Drinking Before Operation Time

STOP SOLID FOODS AT MIDNIGHT BEFORE OPERATION TIME

Includes liquids with solid components (NO orange juice, soup broth, Jell-O)
NO gum or candy

STOP MILK/FORMULA/TUBE FEEDS 6 HOURS BEFORE OPERATION TIME

Including cow, oat, almond and soy, formula and tube feeds

STOP BREAST MILK 4 HOURS BEFORE OPERATION TIME

STOP CLEAR FLUIDS 3 HOURS BEFORE OPERATION TIME

Fluids you can see clearly through (**ONLY** water, clear apple juice and ginger ale are allowed)