



Eating and drinking rules before your child's surgery or sedation

PLEASE READ BEFORE THE DAY OF SURGERY

Time of arrival _____ at _____

Type of food	Options — Do not vary from options given.	Latest time you can eat or drink
All solid foods	ALL solid foods	STOP 8 HOURS BEFORE ARRIVAL TIME TO HOSPITAL
Milk, formula and tube feeds	Milk, formula, and tube feeds	STOP 6 HOURS BEFORE ARRIVAL TIME TO HOSPITAL
Breast milk	Only breast milk	STOP 4 HOURS BEFORE ARRIVAL TIME TO HOSPITAL
Clear liquids NO coloring or dyes	Limited to water and CLEAR Pedialyte Limit to 8 oz, or 1 regular cup	STOP 2 HOURS BEFORE ARRIVAL TIME TO HOSPITAL

Nothing to eat or drink during 2 hours before hospital arrival

- 1. Not following the above rules may result in delay and/or cancellation of your child's procedure.**
2. Medications can be taken with sips of water, unless directed otherwise.
3. Make sure to keep all food out of reach of children once they can no longer eat.
It's IMPORTANT to check the car and car seats before child enters.
4. The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause your child to vomit and choke during the procedure or in the time immediately after.
5. Please call **503-418-5303** for any questions, or if you need any clarifications.
After 5:30 p.m. call **503-494-8311** and ask to speak to the pediatric anesthesiologist on call.