



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

PLEASE READ BEFORE THE DAY OF SURGERY OR SEDATION

Type of food	Options Do not vary from options given	Latest time you can eat or drink
All solid foods All tube feeds	ALL solid foods Meal replacement formulas	Stop 8 hours before arrival to hospital
Milk Infant formula	Milk – All non-human/dairy milk All infant formulas	Stop 6 hours before arrival to hospital
Breast milk ***NO additives	Human breast milk ONLY	Stop 4 hours before arrival to hospital
Clear liquids	Water Pedialyte Clear juice, no pulp, filtered Clear sports drink **Limit to 8oz., or one regular cup	Stop 2 hours before arrival 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 injury from aspiration of food particles and liquids.
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.