





Eating and Drinking Rules Before Your Child has Anesthesia

Follow these rules before your child's surgery/procedure to make sure their stomach is empty at the time of anesthesia. If your child's stomach is not empty at the time of anesthesia, stomach contents can come up and enter the lungs (called aspiration) and may cause serious problems.



If your child eats or drinks too close to the time of their surgery/procedure, you will have to reschedule.

Type of food or drink	Child can have until	STOP at
<p>Solid Foods (for example, meat, eggs, yogurt, bread, fruit)</p> 	<p>8 HOURS BEFORE ARRIVAL FOR SURGERY</p>	<p>_____</p> <p>a.m./p.m.</p>
<p>Non-clear liquids (jello, broth, formula, PediaSure®, thickeners, tube feeds, non-human milk (cow, soy, almond etc), protein shakes)</p> 	<p>6 HOURS BEFORE ARRIVAL FOR SURGERY</p>	<p>_____</p> <p>a.m./p.m.</p>
<p>Breast milk</p> 	<p>4 HOURS BEFORE ARRIVAL FOR SURGERY</p>	<p>_____</p> <p>a.m./p.m.</p>
<p>Clear liquids and medicines (water, Sprite, Pedialyte®, apple juice, Gatorade, plain coffee or tea, with no milk, cream or nondairy creamer)</p> 	<p>2 HOURS BEFORE ARRIVAL FOR SURGERY</p>	<p>_____</p> <p>a.m./p.m.</p>

*****No gum, candy, or mints on the day your child is having anesthesia.**

For questions about the Eating and Drinking Rules please call 720-777-5337.

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