

Pre-operative fasting advice for children having surgery and procedures requiring anaesthesia or sedation

- We do not recommend excessive fasting, please encourage your child to follow this advice
- If you have received specific instructions from your surgeon/doctor please follow those instead
- Sugary fluid is better than water (see table below)
- If possible please bring a drinking bottle with you to hospital

| | For morning admissions 7.30am | For afternoon admissions 12.30pm |
|---|---|--|
| Solid food, including formula milk and tube feeds | Not after 2.30am | Not after 7.30am |
| Breast Milk | Not after 4.30am (feed to be finished by this time) | Not after 9.30am (feed to be finished by this time) |
| Clear fluids (see table) | Not after 7.30am (encourage fluid intake until this time) | Not after 12:30pm (encourage fluid intake until this time) |

Clear fluid guidance

| Allowed | Not allowed |
|---|---|
| Water | Milk |
| Flavoured water (NON-FIZZY) | Fruit juices with particulates such as orange juice, cloudy apple juice |
| Fruit squash diluted as per manufacturer's instructions (regardless of sugar content) | All carbonated ('fizzy') drinks (including carbonated water) |
| Apple / cranberry juice (neat or diluted) | Smoothies |
| Pre-mixed squash drinks such as Ribena™, Fruit Shoot™, Oasis™ | Hot chocolate (regardless whether made with milk or water) |
| Non-Fizzy 'Sports' drinks such as Lucozade Sport™, Poweraid™ | |

If you have any questions or queries regarding this advice please contact the department you are attending for assistance directly or via switchboard