

Paediatric Peri-operative Fasting Guidelines

Pre-operatively

Is your patient having a General Anaesthetic / Sedation?

Yes

No

Is it an elective procedure?

Eat and drink normally

Yes

No

Keep NBM. If > 4hrs
commence IV fluids

Are there specific instructions from
surgeon / anaesthetist

Yes

No

Follow instructions or
contact them if uncertain

Fasting times*

Must finish:
 - **Clear Fluids: 1hr**
before surgery
 - **Breast Milk: 4hrs**
before surgery
 - **Formula / cows milk
or solids: 6hrs** before
surgery

Clear Fluids:

- Water
- Still flavoured water
- Fruit squash diluted as per manufacturer's instructions
- Cranberry juice
- Pre-mixed squash drinks e.g. Ribena™, Non-Fizzy 'Sports' drinks e.g. Lucozade

Oral medications should be continued preoperatively other than the following:

- | | |
|--|-----------------------------------|
| -ACE inhibitors | -None essential drugs – vitamins, |
| -Diabetic treatment | laxatives, liquid |
| -Aspirin / clopidogrel | antacids, |
| -Dipyridamole | antihistamines, |
| -Warfarin | herbal medications |
| -Non-steroidal anti-inflammatory drugs | -Diuretics |

*Exclude patient and contact Anaesthetist /Surgeon if any of the following are present:

- GORD
- Renal failure
- Enteropathies
- Oesophageal strictures
- Achalasia
- Any children sustaining significant injury requiring opiates within the preceding 24 hours

** ENSURE FASTING PLAN IS ABOVE THE BED **

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Post-Operatively

Has your patient had topical local anaesthetics applied to their larynx?

No

Has the patient had major intra-abdominal or GI surgery or do they have an impaired swallow

No

Is the child awake enough for oral intake?

Yes

Give unlimited oral intake to child as desired

Yes

Avoid oral intake for **2hrs** post application

Follow surgeons' and anaesthetists' post-op instructions

Yes

Reassess in **10** minutes

** N.B Child does not need to drink before discharge **