Our general NPO (no eating or drinking) instructions are listed below. These are enforced to keep your child as safe as possible. If these guidelines are not followed, your child’s procedure or surgery may be delayed or cancelled. A small number of children will receive special guidelines that differ from these. Follow the instructions given by your anesthesia provider.

1. Stop food and candy at midnight. Food includes anything that’s not formula, milk, breast milk or clear liquids.
2. Stop formula and milk 6 hours prior to arrival time.
3. Stop breast milk 4 hours prior to arrival time.
4. Stop all clear liquids 2 hours prior to arrival time. Clear liquids include only water, clear apple juice (no pulp, no apple cider), Pedialyte and Gatorade.

**NIGHT BEFORE SURGERY**

- STOP all food and candy

**BEFORE ARRIVAL TIME**

- STOP formula and milk
- STOP breast milk
- STOP all clear liquids

**Arrival**

Day _______________________
Date _______________________