

Eating and Drinking Instructions

Eating and drinking instructions, sometimes called NPO instructions, for surgery and procedure patients are listed below. These must be strictly followed to keep your child as safe as possible. If these instructions are not followed, your child's surgery or procedure may be delayed or canceled.

Please read the following information carefully.

Except for emergencies, your child's stomach should be empty when anesthesia is started. This helps prevent vomiting, which may cause food or stomach acid to get into the lungs.

Follow the instructions that the Pediatric Anesthesia Resource Center, or PARC provider, has given you. **A small number of children will receive special instructions different from these, depending on their medical needs.**

We encourage your child to drink clear liquids up until your arrival time.

It is important to make sure your child is hydrated and has enough liquids in their body. This will keep them comfortable and help with their recovery after surgery. Clear liquids include only water, Pedialyte, Gatorade, and clear apple juice. The apple juice cannot be cider or have pulp. Have your child drink clear liquids up until the time they are scheduled to arrive at the hospital.

Keep taking prescribed medicines with a small sip of water unless the care team tells you to stop.

STOP food and candy at **12 a.m. Midnight**

Food includes anything that's NOT formula, milk, breast milk or clear liquids.

STOP formula and milk when your **Care Team tells you to stop.**

STOP breast milk when your **Care Team tells you to stop.**

STOP all clear liquids at the time you are **told to arrive at the hospital.**

Clear liquids include only water, Pedialyte, Gatorade, and clear apple juice. The apple juice cannot be cider or have pulp.

My child's eating and drinking timeline

EATING AND DRINKING GUIDELINES - for patients coming for a surgery or procedure



Arrive at the hospital by...

Arrival Time

Date

We encourage your child to drink clear liquids up until your arrival time.

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Keep taking prescribed medicines with a small sip of water unless the care team tells you to stop.



STOP food and candy at

Food includes anything that's **NOT** formula, milk, breast milk or clear liquids.

12 a.m. (Midnight)



STOP formula and milk at



STOP breast milk at



STOP all clear liquids at

Clear liquids include only water, Pedialyte, Gatorade, and clear apple juice. The apple juice **cannot** be cider or have pulp.

Arrival Time