

Fasting Instructions for children having surgery or a procedure in the morning

We have planned for your child to have their procedure or surgery on the morning that they come into hospital.

It is very important that you follow these instructions about when they should stop eating or drinking or their operation may be cancelled.

Fasting helps to prevent inhaling (breathing in) stomach contents into the lungs while unconscious under general anaesthetic.

Please give your child a milky drink and a light nutritional snack of their choice (such as toast or cereal) before they go to bed. This will reduce their time without food or drink and make them more comfortable.

Your child can eat any food or have any milky drinks (including formula milk) until **02.30 hours (2.30am)**. Milk counts as a food product as it takes longer to digest.

If you are breastfeeding, you may continue to **breastfeed** your baby until **04.30 hours (4.30am)**.

Your child may safely continue to **drink clear fluids** from the following list until **06.30 hours (6.30am)** on the morning of surgery:

- Water (not fizzy)
- Blackcurrant juice (such as Ribena, C-Vit)
- Clear Apple juice only (no pulp).

Please ensure that you give your child a drink just before 06.30 hours (6.30am) to prevent them from becoming dehydrated.

You may give any regular medications with water until 06.30 (6.30am) unless we have asked you not to give them.

Research has shown that drinking fluids up to two hours before surgery can:

- Reduce postoperative nausea (feeling sick)
- Reduce vomiting (being sick)
- Help recovery.

Please bring a bottle of still water on the day of admission. Ask your child's anaesthetist if they can drink water for a little longer and at what time they must stop.

Any queries please contact the relevant Ward:

Jungle Ward 020 8725 2034/5
or
Nicholls Ward 020 8725 2098/9

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St George's Healthcare 
NHS Trust

Vital Information

- **2 hrs** You can drink water up to 2 hours before your surgery
- **4 hrs** Your baby can drink breast milk up to 4 hours before their surgery
- **6 hrs** You can eat food or drink milky drinks up to 6 hours before your surgery

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