

## **Fasting Instructions for children having surgery or a procedure in the afternoon.**

We have planned for your child to have their surgery or procedure on the afternoon 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 an early breakfast before 7.30am. This will reduce their time without food and drink and make them more comfortable throughout the day.

Your child **can** eat any food or have any milky drinks (including formula milk) **until 07.30 hours (7.30am)**. Milk counts as a food product as it takes longer to digest.

If you are breast-feeding, you may continue to **breastfeed** your baby **until 09.30 hours (9.30am)**

Your child may safely continue to **drink clear fluids** from the following list **until 11.30 hours (11.30am)** on the day of their 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 11.30 hours (11.30am) to prevent them from becoming dehydrated.**

You may give any regular medications with water until 11.30 (11.30am) unless we have asked you not to give them.

Research has shown that drinking clear 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

PrOpAs/FastpmPaed/07 Sep 07/ Reviewed 12/10



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St George's Healthcare **NHS**  
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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