

# Patient Fasting Information for Children

This leaflet gives Fasting Instructions for children having surgery and tells you what you can do when your child comes to hospital. Instructions for both morning and afternoon sessions are included with this leaflet.

If you have any further questions, please speak to a doctor or nurse caring for your child.

# Patient Fasting Information for Children - Morning

## 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 they come into hospital. (If your child is scheduled for an afternoon procedure, please see the afternoon instructions below.)

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

### Why should my child have to fast?

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

### How can I prepare for my child's procedure?

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 07.30 hours (7.30am) on the morning of surgery:

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

## **On the day**

We strongly recommend that you give your child a clear drink at 07.30 hours (7.30am) to prevent them from becoming dehydrated.

You may give any regular medications with water until 07.30 (7.30am) unless we have asked you not to give them.

Research has shown that drinking fluids up to an hour before surgery can:

- reduce postoperative nausea (feeling sick)
- reduce vomiting (being sick)
- help recovery.

On the day of admission, please bring a bottle of still water. Ask your child's anaesthetist if they may continue to drink water for a little longer and at what time they must stop.

## **Contact us**

If you have any queries, please contact Jungle ward on 020 8725 2034/5 or Nicholls ward on 020 8725 2098/3389.

# Patient Fasting Information for Children - Afternoon

## 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. **If your child is scheduled for a morning procedure, please see the morning instructions above.**

It is **very important** that you follow these fasting instructions or their operation may be cancelled.

### Why should my child have to fast?

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

### How can I prepare for my child's procedure?

Please give your child an early breakfast before 07.00 hours (7.00am). 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 07.00 hours (7.00am). Milk counts as a food product as it takes longer to digest.

If you are breastfeeding, you may continue to breastfeed your baby until 09.00 hours (9.00am)

Your child may safely continue to drink clear fluids from the following list until 12.00 hours (12.00 midday) 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 clear drink just before 12.00 hours (12.00 midday) to prevent them from becoming dehydrated.

You may give any regular medications with water until 12.00 hours (12.00 midday) unless we have asked you not to give them.

Research has shown that drinking clear fluids up to an hour 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.

## Contact us

If you have any queries, please contact Jungle ward on 020 8725 2034/5 or Nicholls ward on 020 8725 2098/3389.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

