

Name of Child: _____ Date: _____

Eating and Drinking before your child's surgery, test, or procedure

Children's stomachs must be empty if they need to be asleep for a surgery, procedure, or test. We give them general anesthesia to sleep. If there is food or liquid in the child's stomach, there is a risk it could come up and be inhaled into the lungs. This can cause serious problems and could even be fatal. If you do not follow these instructions your child's surgery, test, or procedure will be delayed or cancelled.

Surgery, Test, or Procedure Time: _____

Heavy Meal

- Last feeding **8 hours** before time listed above.
Time: _____

Light Meal

- Last feeding **6 hours** before time listed above.
Time: _____

Infant Formula or Milk

- Last feeding **6 hours** before time listed above.
Time: _____

Breast Milk

- Last feeding **4 hours** before time listed above.
Time: _____

Clear Liquids

- Liquids you can see through such as water, apple juice, Gatorade (not red, orange, or purple), clear Pedialyte, or other clear juices. No orange juice.
- Last drink will be **2 hours** before time listed above.
Time: _____

Medicine

- If your child usually takes medicine, ask your doctor what to do for the day of surgery, test, or procedure.



If you have any questions about your child's surgery, test, or procedure,

- call the office of the doctor who will be doing the surgery, test, or procedure _____
Monday to Friday 8 am to 5 pm.

- Now that you've read this, tell your nurse or doctor what your child is able to eat and drink before this surgery, test, or procedure. (Check when done.)

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: @emilycenter

January 26, 2018 • DRAFT In Family Review
#1438 • Written by Samantha Casselman, DNP, RN, CPNP-PC • Updated by Marjorie Abele, MSN, RN
• Illustrated Irene Takamizu

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!