

Further information can be obtained from:

NHS 111	Dial 111
Or contact your GP	
Day Surgery Unit, Lister Hospital, Stevenage	01438 285776
Bluebell Ward, Lister	01438 284008
Children's Day Services, Lister	01438 286315
Children's A&E, Lister	01438 284333
Patient Advice and Liaison Service (PALS)	01438 285811

Pre-operative Fasting Instructions for Elective Surgery (Morning List)

Child Health Patient Information Leaflet



The information in this leaflet is from www.cks.nhs.uk

www.enhersts-tr.nhs.uk

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You can request this
information in a
different format or
another language.



Introduction

The purpose of this leaflet is to help you prepare for your child's operation.

It is very important when your child has their operation that there is no food or liquid in their stomach. If there is, this could come back up to their throat and damage their lungs while they are anaesthetised (asleep). It is therefore **essential** that you follow these instructions.

The day before your child's operation

Your child should eat normally and drink plenty to prevent dehydration until midnight. After midnight **do not** have any more solid food, soup, drinks made from milk, or any drinks that are not clear or that contain bits/pulp. Your child may drink clear fluids only, see the list below.

Please ensure your child **does not** drink any alcohol or smoke the day before their operation (older children).

On the day of your child's operation

Encourage your child to have a drink just before 7:00 am

- Water
- Clear fruit drinks, such as barley water, cordial, Ribena and squash.
- Herbal / fruit tea

After 7:00 am your child must **not eat or drink anything** until after the operation, unless instructed to do so in hospital.

Do **not allow** your child to chew gum on the day of their operation.

Breastfeeding

- If your child is being breastfed and is on the **morning list** for an operation, please give the last breastfeed at 5:00 am.

Medications

If your child takes any regular medication in the mornings, please ensure they take it when they have their drink just before 7:00 am, unless you have been instructed not to give it to them.

In certain cases, you will have received clear instructions not to give any medications.

If you do not fully understand

If you do not fully understand the instructions in this leaflet, please ask a nurse or doctor to help you. You can find contact numbers on the back page of this leaflet.

If you do not understand, please ask straight away. Do not wait until your child comes in for the operation to ask questions about what food and drink he/she can have as you need to follow the instructions **the day before** your child's operation.

If you have not been able to follow the instructions

If your child has not been able to follow the fasting instructions in this leaflet, please inform the nurse and doctor at the hospital or clinic as soon as you arrive.