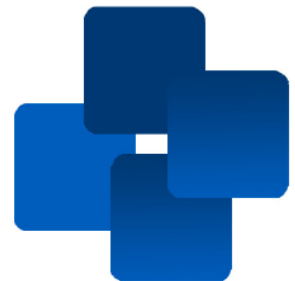


Patient Information

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

Children's Services



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 below).

On the day of your child's operation

Please give your child a drink of clear fluid just before 7:30 am, before you leave home to come to the hospital.

- **Clear fluids** are defined as water, squash, ready diluted drinks, such as orange fruit shoot, orange or apple Ribena, non-fizzy sports drinks, such as Lucozade Sport.
- Clear fluids **do not include** pure fruit juices, milk (including baby formula), fizzy drinks, caffeine drinks or hot drinks.

After **midnight** your child must **not eat any food**. After **7:30 am** **your child must not drink anything** until after the operation, unless instructed to do so in hospital.

- Please ensure your child **does not** drink any alcohol or smoke **the day before** or **on the day** of their operation (older children).
- **Do not allow** your child to chew gum on the day of their operation.

Formula milk feeds (bottle-fed infant)

- If your child is being bottle-fed with formula milk and is on the **morning list** for an operation, please give the last bottle feed **by 2:30 am**.

Breastfeeding

- If your child is being breastfed and is on the **morning list** for an operation, please give the last breastfeed **by 4:30 am**.

Medications

If your child takes any regular medication in the mornings, please ensure they take it when they have their drink (clear fluids only) just before **7:30 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.

Further information

NHS 111

☎ 111

or Contact your GP

NHS website - www.nhs.uk

Useful Telephone Numbers

Bluebell Ward, Lister Hospital
Stevenage

☎ 01438 284008

Children's Emergency Department
Lister Hospital

☎ 01438 284333

Bramble Ward

☎ 01438 286315

Children's Day Surgery, Level 4

☎ 01438 285775