

Preoperative fasting instructions for elective surgery (children)

Afternoon list

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

On the day of your child's operation

Encourage your child to have a light breakfast **before 7:00 am**, e.g. cereal or toast. After **7:00 am**, **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).

Please give your child a drink of clear fluids just before 12:00 pm.

Clear fluids

- 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 **7:00 am** your child must **not eat any food**. After **12:00 pm** your child must **not 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.

Formula milk feeds (bottle-fed infant)

- If your child is being bottle-fed with formula milk and is on the **afternoon list** for an operation, please give the last formula feed **by 7:00 am**.

Breastfeeding

- If your child is being breastfed and is on the **afternoon list** for an operation, please give the last breastfeed **by 10:00 am**.

Medications

If your child takes any regular medication in the mornings, please give it to them at the normal times. This is up to when they have their last drink (clear fluids only) just before **12.00 pm**. 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 below.

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 they 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**.

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Bluebell Ward, Lister Hospital:

- Telephone 01438 284008

Children's Day Surgery, Level 4, Lister Hospital:

- Telephone 01438 285775

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

Date of publication: September 2015

Version number: 9

Author: S Navarange

Reference: Children's Services

Review Date: June 2028

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