



## DIETARY GUIDELINES FOR SURGERY

*These guidelines are very important for your child's safety during surgery. Food present in the stomach during anesthesia could lead to life threatening complications. If the guidelines are not followed correctly, the procedure may be cancelled or delayed.*



- 🚫 No solid food or milk after midnight the night before the procedure
- 🚫 No other liquids besides clear apple juice and water after midnight
- 🚫 No candy, gum or mints after midnight
- 🚫 Stop anything by mouth (including water) two hours prior to arrival
- 🚫 Stop breast milk 4 hours prior to arrival
- 🚫 Stop formula by bottle or G-tube 6 hours prior to arrival
- 🚫 Do not give approved medications with food



- 🚫 It is ok to brush the morning of surgery as long as no toothpaste or water is swallowed
- 🚫 ONLY clear apple juice (no pulp, no home-made juice) or plain (unflavored) water is ok after midnight and up to two hours before arrival. Please do not give any other juices or drinks.

*Make sure all family members are aware of these guidelines and that your child does not have access to food in the house or on the way to the hospital (check his/her carseat!)*

### Medications:

If your child takes medication daily, please speak to the staff in the Pre-Anesthesia office at **203-688-5576** for instructions on taking medications before surgery. If your child needs to take medication on the day of surgery, he/she must take it at least 2 hours before the arrival time with water or apple juice only **DO NOT GIVE MEDICATION WITH ANY FOOD**