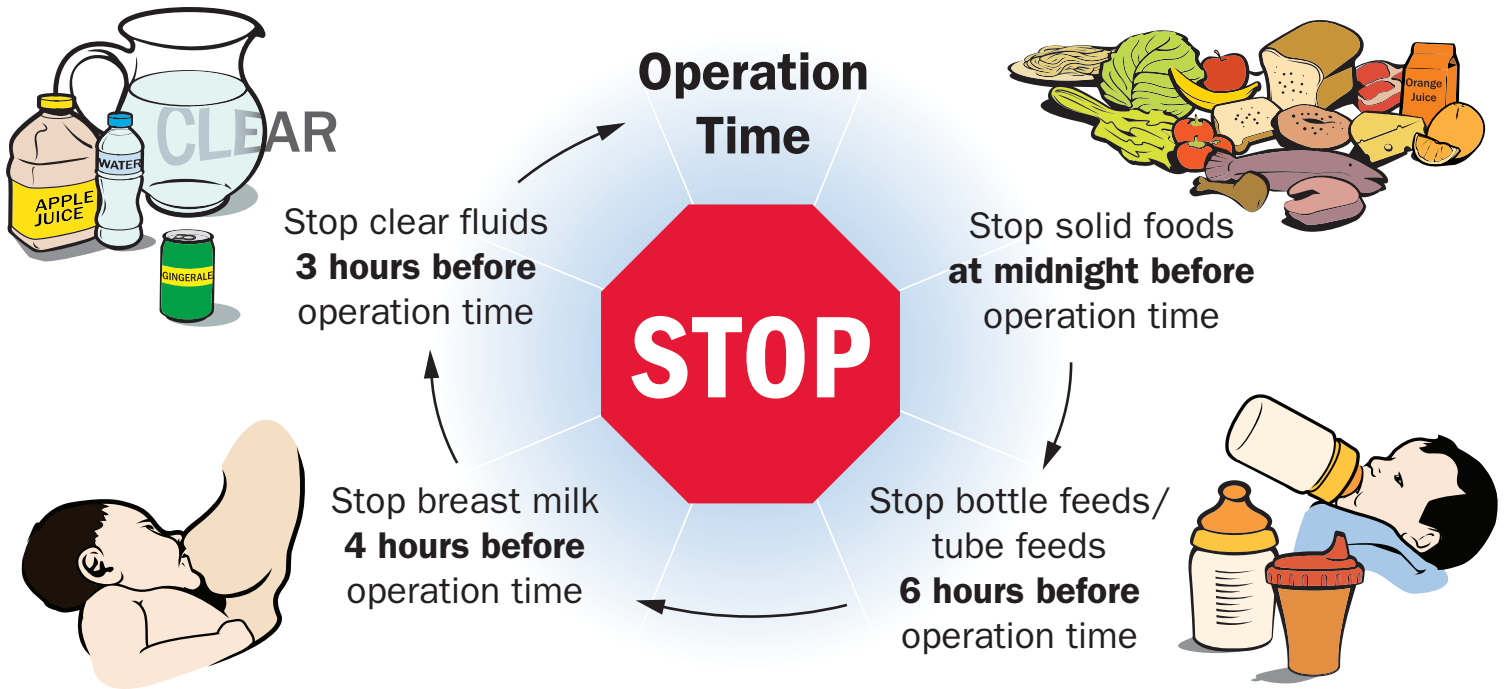


# Stop Eating and Drinking Before Anesthesia or Sedation



## The Rules About Eating and Drinking Before Operation Time:

**STOP** solid foods at midnight before operation time

- Solids include liquids with solid components (i.e., orange juice, soup broth), as well as Jell-O
- Patients **no longer on bottle feeds** should have **no solids or milk after midnight**
- No gum or candy after midnight

**STOP** bottle feeds (milk, formula) or tube feeds 6 hours before operation time

**STOP** breast milk 4 hours before operation time

**STOP** clear fluids 3 hours before operation time

- Clear fluids are fluids you can see clearly through (i.e., water, clear apple juice, ginger ale)
- Jell-O is not a clear fluid

**• Any food or liquid in your child's stomach while going to sleep under anesthesia can flow to the mouth and pass down into the lungs. This is VERY DANGEROUS for your child.**

• If these rules are not followed your child's procedure will be cancelled.