

Fasting guidelines for admission

Information for parents/ carers of children and young people

7.30am or 8am only (morning theatre)

Fasting for a general anaesthetic

Your child must have an empty stomach when having a general anaesthetic.

! Please note that these fasting guidelines are essential for your child's safety while under a general anaesthetic.

For babies up to one year old – 7.30am or 8am admissions only

- Please encourage your baby to eat and drink as normal the evening before you are coming to hospital.
- **No solid foods** should be given **after midnight**.
- If your baby is bottle-fed you may give him/her a final formula milk feed which **must be finished by 3am**.
- If your baby is breast-fed you may give him/her a final breast milk feed which **must be finished by 5am**.
- You may also give your baby **drinks of water or diluting juice until 7am. No more fluids should be given after 7am.**

For children over one year old – 7.30am or 8am admissions only

- Please encourage your child to eat and drink as normal the evening before you are coming to hospital.
- **No solid foods** should be given **after midnight**.
- If your child awakens during the night you may give him/ her a drink, however, please **do not give milk or any drink containing milk after 3am**.
- You may give your child a **drink of water or diluting juice until 7am. No more fluids should be given after 7am.**
- **It is important to wake your child to give them their last drink before 7am**

Medications

! If your baby or child is on any medication, please ensure this is given as usual. If you are unsure about this, please contact the ward to discuss this with a member of the nursing staff. Please bring your baby/ child's medicines with you in their original containers.

Further Information

On admission, if your baby or child is near the end of the the operating list, the nursing staff may allow him/her a clear drink (water or dilluting juice) with the anaesthetist's approval.

If your child is being admitted for day surgery there is occasionally the possibility that he/she may need to be kept in the hospital overnight. This would be at the request of the surgeon or anaesthetist and if it is necessary the reason why will be explained to you.

10.30am or 11am only (afternoon theatre)

Fasting for a general anaesthetic

Your child must have an empty stomach when having a general anaesthetic.

! Please note that these fasting guidelines are essential for your child's safety while under a general anaesthetic.

For babies up to one year old – 10.30am or 11am admissions only

- Please encourage your baby to eat and drink before 7.30am on the morning you are coming to hospital.
- **No solid foods, milk or drinks containing milk, should be given after 7.30am.**
- **It is important to waken your baby to give him/her something to eat or drink before 7.30am so that he/she has not fasted for too long.**
- If your baby is bottle-fed you may give him/her a final formula milk feed which **must be finished by 7.30am.**
- If your baby is breast-fed you may give him/her a final breast milk feed which **must be finished by 9.30am.**
- You should continue to give your baby drinks of water or diluting juice until 11.30am. **No more fluids should be given after 11.30am.**

For children over one year old – 10.30am or 11am admissions only

- Please encourage your child to eat and drink before 7.30am (e.g. toast or cereal and milk along with a drink) on the morning you are coming to hospital.
- **No solid foods/ milk or drinks containing milk should be given after 7.30am.**
- **It is important to waken your child to give him/her something to eat or drink before 7.30am so that he/she has not fasted for too long.**
- You should continue to give your child drinks of water or diluting juice until 11.30am. **No more fluids should be given after 11.30am.**

Medications

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Further Information

On admission, if your baby or child is near the end of the the operating list, the nursing staff may allow him/her a clear drink (water or dilluting juice) with the anaesthetist's approval.

If your child is being admitted for day surgery there is occasionally the possibility that he/she may need to be kept in the hospital overnight. This would be at the request of the surgeon or anaesthetist and if it is necessary the reason why will be explained to you.

Contact

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