

Fasting guidelines for afternoon admission

Information for patients, parents and carers



Fasting for a general anaesthetic for 11:30am admission (afternoon procedure)

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

- Please encourage your baby to eat and drink before 7:30am on the morning you are coming in 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 them something to eat or drink before 7:30am so that they have not fasted for too long.**
- If your baby is bottle-fed you may give them a final formula milk feed which **must be finished by 7:30am.**
- If your baby is breast-fed you may give them 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

- 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 them something to eat or drink before 7:30am so that they have 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

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 to the hospital in their original containers.

Further information

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

If your child is admitted for day surgery, there is occasionally the possibility that they may need to be kept in hospital overnight. This would be at the request of the consultant or anaesthetist and if it is necessary, they will let you know why.

Contact

If you have any questions or concerns about these instructions before admission, please contact the Crichton Unit on **0131 312 0970** or the GI team through our secretaries on **0131 312 0431**.

