

# Fasting guidelines for morning admission

Information for patients, parents and carers



## Fasting for a general anaesthetic for 8:00am admission (morning 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 as normal the evening before you are coming in to hospital.
- **No solid foods should be given after midnight.**
- If your baby is bottle-fed you may give them a final formula milk feed which **must be finished by 3:00am.**
- If your baby is breast-fed you may give them a final breast milk feed which **must be finished by 5:00am.**
- You may also give your baby drinks of water or diluting juice until 7:00am. **No more fluids should be given after 7:00am.**

### For children over one year old

- 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 them a drink, however **please do not give them milk or any drink containing milk after 3am.**
- You may give your child a drink of water or diluting juice until 7:00am. **No more fluids should be given after 7:00am.**
- **It is important to wake your child to give them their last drink before 7:00am.**

## 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**.

