

8am Admission

Royal Hospital for Children and Young People

Fasting Guidelines (Protocol 1) for 8am admissions

We require your child to have an empty stomach when coming for a general anaesthetic. This is to reduce the risk of your child being sick.

For babies up to one year old

- Please encourage your baby to eat and drink as normal the evening before 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 should be finished by 3am
- If your baby is breast-fed you may give him/her a final breast milk feed which should be finished by 5am
- You may give your baby a small drink of water or dilute juice until 7am. **No more fluids should be given after this time.**

For children over one year old

- Please encourage your child to eat and drink freely the evening before 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 after 3am**
- You may give your child a small drink of water or dilute juice until 7am. **No more fluids should be given after this time.**

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

If your child is being admitted on a day case basis, there is occasionally the possibility that your child is kept in 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.

11.30am Admission

Royal Hospital for Children and Young People

Fasting Guidelines (Protocol 2) for 11.30am admissions

We require your child to have an empty stomach when coming for a general anaesthetic. This is to reduce the risk of your child being sick.

For babies up to one year old

- Please encourage your baby to eat and drink before 7.30am on the morning you are coming to hospital. No solid foods should be given after 7.30am
- If your baby is bottle-fed, you may give him/her a final formula milk feed which should be finished by 7.30am
- If your baby is breast-fed, you may give him/her a final breast milk feed which should be finished by 9.30am
- You may give your baby a small drink of water or dilute juice until 11.30am. **No more fluids should be given after this time**

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 or milk should be given after 7.30am.
- You may give your child a small drink of water or dilute juice until 11.30am. **No further drinks should be given after 11.30am.**

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

If your child is being admitted on a day case basis, there is occasionally the possibility that your child is kept in 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.