

NPO (Nothing by Mouth) Guidelines

Before anesthesia for surgery eating and drinking are not allowed for specific periods of time. It is important that you follow these directions carefully for safety reasons. If your child eats or drinks after the indicated time, the surgery may get cancelled or delayed.

We follow the "**2, 4, 6, 8 rule**" for fasting guidelines in children.

THE PATIENT CAN HAVE UNTIL ...	TYPE OF FOOD AND DRINK
2 hours prior to surgery/procedure <p>If you have any doubts about a certain drink, it is better not to administer it.</p>	<ul style="list-style-type: none"> • CLEAR LIQUIDS ONLY (<i>fluids you can see through</i>), Water, Pedialyte, Gatorade, Apple Juice, Pulp free juices, Soft Drinks, Jello, Popsicles, Iced Tea, Hot Black Tea • NO Orange Juice • NO Hard Candy • NO Gum • Medications with a sip of clear liquid as prescribed
4 hours prior to surgery/procedure	<ul style="list-style-type: none"> • Breast Milk (<i>if applicable</i>)
6 hours prior to surgery/procedure	<ul style="list-style-type: none"> • Formula / Non - Human Milk • Non Clear Juices / Drinks • Gum, Hard Candy • Light Meal *
8 hours prior to surgery/procedure	<ul style="list-style-type: none"> • Regular Meal
<p>* Light Meal usually consists of Toast / Fruit / Juice / Broth / Apple Sauce. Fried fatty food can delay gastric emptying and is not considered a Light Meal</p>	