Eating and drinking before anesthesia or sedation

When and what can my child eat before the procedure?
For your child’s safety, it is very important to have an empty stomach when anesthesia or sedation medicines are given. This is important because if vomiting occurs during the procedure, food or liquid can get into the lungs. If your child has had even a small amount to eat or drink, the procedure will be delayed or cancelled.

Can I give my child’s medicines?
Talk with your child’s doctor about taking medicines before the procedure. If your doctor recommends a specific medicine, you may give it with a sip of clear liquid. Do not give medicines with pudding, applesauce, yogurt, or other foods.

☐ My child will come to the hospital on the day of the Procedure and will have Sedation

☐ My child will be admitted a day before the Procedure and will have Anesthesia.

Eating and Drinking Instructions:

• Your child may eat and drink as usual until ________ (8 hours before the procedure).

• Your child may have formula or milk until ________ (6 hours before the procedure).

• Your infant may have breast milk until ________ (4 hours before the procedure).

• Your child may have only clear liquids until ________ (3 hours before the procedure). Clear liquids only include water, Popsicles®, apple juice, Jell-O®, Kool-aid®, or soft drinks. No milk, hard candy, gum, or any juice other than apple juice.

☐ My child will come to the hospital on the day of the Procedure and will have Anesthesia.

Eating and Drinking Instructions:

• Your child may eat and drink as usual until ________ (8 hours before arrival at the hospital).

• Your child may have formula or milk until ________ (6 hours before arrival at the hospital).

• Your infant may have breast milk until ________ (4 hours before arrival at the hospital).

• Your child may have only clear liquids until ________ (2 hours before arrival at the hospital). Clear liquids only include water, Popsicles®, apple juice, Jell-O®, Kool-aid®, or soft drinks. No milk, hard candy, gum, or any juice other than apple juice.

• Nothing by mouth after ________ (2 hours before arrival at the hospital). No food, liquids, hard candy, gum, or water.
Questions?
If you have questions about what your child can eat or drink, please call the department where your child’s procedure is scheduled. Other resources include the education sheet, “Anesthesia: Questions and answers” or “Sedation for a procedure,” which are available from the nurse, doctor, or Children’s Web site: www.childrensmn.org.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site.