# Eating and Drinking Instructions

Your child's stomach must be ***completely*** empty when surgery starts. This is to prevent serious problems during surgery.

Follow the eating and drinking instructions carefully (pp.16–17). Page 16 gives instructions for babies under 12 months. Page 17 gives instructions for all patients over 12 months. If you do not follow these instructions, the procedure may be canceled or delayed.

# Pre-op Call

A Same Day Surgery nurse will talk to you a few days before the procedure to discuss when you should arrive at the hospital and the last times for eating and drinking. The nurse will be happy to answer questions you may have.

### For Surgery at Burnet Campus

Please call our Same Day Surgery nurses from 8 am to 2 pm **two business days before surgery**. If we don't hear from you, our nurses will try to call you, but you may find it more convenient to select a good time to call us yourself.

- Burnet Campus: 513-636-2044

### For Surgery at Liberty Campus

A nurse will attempt to call you **one business day before the procedure**. If you have questions or concerns, please call the Same Day Surgery nurses at Liberty Campus.

- Liberty Campus: 513-803-9820

# Eating and Drinking **FOR INFANTS UNDER 12 MONTHS OLD**

Time we should arrive at the hospital: _____

Follow these eating and drinking instructions:

**MIDNIGHT** on day of surgery

- No more meat, eggs, fried or fatty foods to eat after midnight.
- Cereal, dry toast, milk and formula are OK for now.

**5 HOURS** before arrival time

- ***Only*** clear fluids and breast milk (no thickeners or additives) are allowed now.
- Your child must not eat anything more or have other milk or formula.
- Consider waking your child early to breastfeed or give clear fluids while you still can.

**3 HOURS** before arrival time

- Absolutely nothing by mouth now.
- **Handy hint:** Check the floor, the car and bags nearby for any food or drink that your child could reach.

| **DO NOT GIVE** after midnight | **OK** up to 5 hours before arrival | **OK** up to 3 hours before arrival |
|---|---|---|
| meat | formula | water |
| egg | dry toast | breast milk |
| fried food | orange juice (or any juice with pulp) | popsicles (no pulp, no milk) |
| fatty food | cereal | apple juice (pulp-free) |
| cookies | apple sauce | sports drinks (ex: Gatorade™) |
| | | powdered drinks (ex: Kool Aid™ or Crystal Lite™) |
| | | gelatin (ex: Jell-O™) |
| | | electrolyte solution (ex: Pedialyte™) |

# Eating and Drinking **FOR CHILDREN OVER 12 MONTHS OLD**

Time we should arrive at the hospital: _____

Follow these eating and drinking instructions:

## MIDNIGHT on day of surgery

- No more meat, eggs, fried or fatty foods to eat after midnight.
- Cereal, dry toast, milk and formula are OK for now.

## 7 HOURS before arrival time

- Stop solids and milk. Your child must not eat anything more.
- ***Only*** clear fluids are allowed.
- Consider waking your child early to give fluids while you still can.

## 3 HOURS before arrival time

- Absolutely nothing by mouth now.
- **Handy hint:** Check the floor, the car and bags nearby for any food or drink that your child could reach.

### DO NOT GIVE after midnight

meat

egg

fried food

fatty food

cookies

candy

gum

### OK up to 7 hours before arrival

milk

dry toast

orange juice (or any juice with pulp)

cereal

apple sauce

### OK up to 3 hours before arrival

water and clear soda (ex: Sprite™)

popsicles (no pulp, no milk)

apple juice (pulp-free)

sports drinks (ex: Gatorade™)

powdered drinks (ex: Kool Aid™ or Crystal Lite™)

gelatin (ex: Jell-O™)

electrolyte solution (ex: Pedialyte™)