

Eating & Drinking Instructions

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

Follow the eating and drinking instructions carefully.

- Patients 12 Months & Under (pg. 22)
- Patients Over 12 Months (pg. 23)

If you do not follow the eating and drinking instructions, the procedure may be canceled or delayed.

Pre-op Call

A Same Day Surgery nurse will talk to you by phone one to three days before the procedure and review:

- Eating and drinking instructions
- Time of arrival to the hospital

For Your Child's Procedure at Burnet Campus:

Call the Same Day Surgery nurse at Burnet Campus two business days before the procedure:

PHONE: 513-636-2044

HOURS: Monday – Friday, 8 am – 2 pm

If we don't hear from you, a nurse will attempt to contact you by phone.

For Your Child's Procedure at Liberty Campus:

A nurse will attempt to contact you one business day before the procedure.

If you have questions or concerns, call Same Day Surgery:

PHONE: 513-803-9820

HOURS: Monday – Friday, 8 am – 2 pm



Time of arrival is very important. If you arrive late to the hospital, your child's procedure may be cancelled or changed to later in the day.

Eating & Drinking Instructions | Patients 12 Months & Under

Time we should arrive at the hospital: _____ : _____ AM
 _____ : _____ PM



BEING ON TIME IS VERY IMPORTANT!

AFTER MIDNIGHT On Day of Surgery

- No meat, eggs, fried or fatty foods.
- 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.
- Your child's stomach must be **COMPLETELY** empty when the procedure starts. This is to prevent serious problems during the procedure.
- **Handy tip:** Check the floor, the car and bags nearby for any food or drink that your child could reach.

DO NOT GIVE AFTER MIDNIGHT ON THE DAY OF SURGERY



Meat



Eggs



Fried Food



Fatty Food



Cookies

OK TO HAVE UP TO 5 HOURS BEFORE ARRIVAL TIME FOR SURGERY



Formula



Dry Toast



Orange Juice
(or any juice with pulp)



Cereal



Apple Sauce

OK TO HAVE UP TO 3 HOURS BEFORE ARRIVAL TIME FOR SURGERY



Water



Breast Milk



Popsicles
(no pulp, no milk)



Apple Juice
(no pulp)



Sports Drinks
(such as Gatorade™)



Powdered Drinks
(such as Kool-Aid™)



Gelatin
(such as Jell-O™)



Electrolyte Solution
(such as Pedialyte™)

Eating & Drinking Instructions | Patients Over 12 Months

Time we should arrive at the hospital: _____ : _____ AM
 _____ : _____ PM



BEING ON TIME IS VERY IMPORTANT!

AFTER MIDNIGHT On Day of Surgery

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

7 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.
- Your child's stomach must be **COMPLETELY** empty when the procedure starts. This is to prevent serious problems during the procedure.
- **Handy tip:** Check the floor, the car and bags nearby for any food or drink that your child could reach. Supervise tooth brushing to be sure your child doesn't drink.

DO NOT GIVE AFTER MIDNIGHT ON THE DAY OF SURGERY



Meat



Eggs



Fried Food



Fatty Food



Cookies



Candy



Gum

OK TO HAVE UP TO 7 HOURS BEFORE ARRIVAL TIME FOR SURGERY



Milk



Dry Toast



Orange Juice
(or any juice with pulp)



Cereal



Apple Sauce

OK TO HAVE UP TO 3 HOURS BEFORE ARRIVAL TIME FOR SURGERY



Water



Popsicles
(no pulp, no milk)



Apple Juice
(no pulp)



Sports Drinks
(such as Gatorade™)



Powdered Drinks
(such as Kool-Aid™)



Gelatin
(such as Jell-O™)



Electrolyte Solution
(such as Pedialyte™)