



ANESTHESIA & SEDATION

Children -Fasting instructions

Why is fasting crucial before surgery?

Children must have empty stomachs for the anesthetic. This is very important to protect their lungs from any stomach contents when they are asleep. We will try to minimize your child's fasting times because we understand how tough it can be for them, but fasting is necessary for safe operation.



For your child's safety, it is essential to follow the below instructions regarding eating and drinking:

FASTING FOR SOLIDS AND NON-HUMAN MILK



6

Hours

A light meal or non-human milk may be consumed up to six hours before general anesthesia, sedation, or regional anesthesia-required procedures.

8

Hours

For fried, greasy, and meat dishes eight hours of fasting are required prior to the surgery.

FASTING FOR FLUIDS



1

Hour

Your child is encouraged to consume clear fluids (water, apple juice) up to 1 hour before

4

Hours

Your child can have breast milk up to 4 hours before the surgery.