Paediatric Surgery

Paediatric fasting instructions before surgery in the afternoon



It is very important that these instructions are followed otherwise the operation may be cancelled.

Children can have food/milk up until 8.00 am
Children can have clear fluids until 1.00 pm
(please see details below)



All children and babies admitted to hospital between 11.00 am and 11.30 am for an operation in the afternoon may have:

- Light breakfast before 8.00 am.
- Formula milk should be offered between 7.00 am and 8.00 am.
- Breast milk should be offered between 9.00 am and 10.00 am.
- Clear fluids up to 1.00 pm. Children should be offered a drink on arrival to ward up to 1.00 pm.
- Medicines should be taken as normal unless otherwise directed.
  These can be taken with a small amount of water.

Clear fluids means, either water or diluted fruit cordial or squash. Please offer this to your child before 1.00 pm and encourgare them to have a drink. If they are thirsty, they may drink as much as they want (until 1.00pm) provided it is clear fluid only.

compassionate care

The following are **NOT** allowed:

- Fruit juice/fruit shoots (too concentrated)
- Cloudy drinks, or drinks containing pulp or bits
- Fizzy drinks
- Fruit smoothies
- Milk (of any sort)
- Sweets or chewing gum

Please ask a member of staff or ring the children's ward on 01422 223277 or 01422 223403 if you have a query.

Dr Karen Bartholomew
Dr Michael Moncreiff
(Paediatric Anaesthetists)

If you have any comments about this leaflet or the service you have received you can contact :

Sister
Children's Ward / Ward 3
Calderdale Royal Hospital
Telephone (01422) 223277 or (01422) 223403

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"