NHS
Calderdale and Huddersfield
NHS Foundation Trust

Paediatric Surgery

Paediatric fasting guidelines for children and babies having surgery in the morning



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

Children can have food/milk up until 3.00 am
Children can have clear fluids until 8.00 am
(please see details below)



Food / Milk

- Food may be eaten and Milk drunk up until 3.00 am
  This includes all foods, cows milk and formula milk.
  No food or milk (except breast milk) should be taken after 3.00 am

Babies less than 1 year old must be woken and fed (formula milk between 2-3 am; breast milk between 4-5 am).

Breast milk is allowed up until 5.00 am.
This is when the feed must finish not start.
Young babies should be woken up during the night and offered a feed (finish by 5am).

Drinks

Children and babies coming into hospital early in the morning (usually about 7.30 am) for an operation during the morning can only drink

Clear fluid up until 8.00 am (1hour pre-op)

Clear fluid means either water, or **diluted** fruit cordial or squash.
Please offer this to your child before 8.00 am and encourage them to have a drink. Then nothing to eat or drink after 8.00 am.
Children should be offered a drink on the ward on arrival up to 8.00 am.

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)

Medicines

- All morning medicines should be taken as normal, unless otherwise directed. These can be taken with water only (ie not with yoghurt or other foods)

Sweets and Chewing Gum

- No sweets or chewing gum are allowed on the day of surgery until after the operation

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, obrat'te 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 ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو براۂے 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"