FASTING INSTRUCTIONS FOR CHILDREN

MORNING FASTING INSTRUCTIONS FOR CHILDREN

If your child’s operation or procedure is taking place in the morning, your child:

- May eat and drink until midnight on the day before the operation or procedure.
  - Can have clear fluids to drink such as flat 7Up or water (No milk or juices) until 7:00 in the morning.
  - It is very important to give your child a clear drink before the cut off time of 7.00 am.

AFTERNOON FASTING INSTRUCTIONS FOR CHILDREN

If your child’s operation or procedure is in the afternoon, your child:

- May eat and drink until 7:00 am on the morning of surgery. It is important that they have had food before the cut off time of 7am.
- Can have clear fluids to drink such as flat 7Up or water (No milk or juices) until 11:00 am.
- It is very important to give your child a clear drink before the cut off time of 11.00 am.