



Pre-Procedure Diet Instructions for Patients Undergoing Anesthesia

Dear Parents or Guardians,

In order for us to provide safe anesthesia for your child, it is important that you follow the diet instructions below. They are necessary to minimize the possibility of vomiting and respiratory problems before, during, and after anesthesia and surgery. Your child's procedure may be cancelled or delayed if your child eats or drinks past the scheduled time, so your close supervision is very important.

| All Patients-All Ages-All Routes (mouth and Feeding Tubes) | |
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| 8 hours before the procedure | STOP ALL Solid foods, Formulas and Non-clear liquids, <ul style="list-style-type: none"> • <i>May continue CLEAR LIQUIDS ONLY up until 3 hours before the procedure</i> |
| 5 hours before the procedure | STOP Breastmilk (regardless of age) <ul style="list-style-type: none"> • <i>May continue CLEAR LIQUIDS ONLY up until 3 hours before the procedure</i> |
| 2 hours before the procedure | STOP ALL Clear Liquids <ul style="list-style-type: none"> • <i>GIVE NOTHING by Mouth or Feeding tube from this point forward.</i> |

| EXAMPLES | |
|--------------------------|--|
| SOLID FOOD | e.g. Rice cereal, Baby food, Oatmeal, Cereal, Bananas and other fruits, Sandwiches, etc. |
| NON-CLEAR LIQUIDS | e.g. Formula, Milk (cow, rice, soy, almond, etc.), Pediasure, Boost, Juice with pulp, smoothies etc... |
| CLEAR LIQUIDS | e.g. Water, Apple juice, Pedialyte, Gatorade/Powerade, Popsicles without fruit or cream, Jello without fruit or cream, Kool-Aid etc. |

Notify your surgeon (with as much time as possible) about the following concerns:

1. The diet instructions were not followed
2. Your child develops chest cold, cough, nasal discharge, fever, diarrhea or vomiting
3. Your child has been exposed to a contagious disease such as chickenpox, measles, or mumps.

If you are unable to reach your surgeon with the above questions or concerns prior to your arrival at Rady Children's Hospital, you may contact the Surgical Services Department at **(858) 966-5856** and someone will direct you to the appropriate person.