

EATING AND DRINKING (NPO) INSTRUCTIONS



For the safety and protection of your child please follow these eating and drinking instructions before their procedure. Your child's procedure may be cancelled if the eating and drinking instructions are not followed.

8 HOURS

before the procedure time

stop all **SOLID** food, **FORMULAS** (for children 1 year and older) and **NON-CLEAR LIQUIDS**

(Examples: Rice cereal, baby food, oatmeal, cereal, fruits, sandwiches, milk (cow or plant-based), Pediasure, Boost, orange juice with pulp, smoothies etc.)



6 HOURS

before the procedure time

Stop all **FORMULAS**

(for children less than 1 year old)



4 HOURS

before the procedure time

Stop all **BREASTMILK**

(regardless of your child's age)



2 HOURS

before the procedure time

Stop all **CLEAR LIQUIDS**

(Examples: Water, apple juice, Pedialyte, Gatorade/Powerade, popsicles without fruit or cream, Jell-O without fruit or cream, Kool-Aid etc.)

