What can my child eat and drink the night before and day of his/her surgery or procedure?

All surgeries or procedures with Anesthesia need to follow these instructions.

- No food for **8 hours** before your child’s procedure (even food or formula given through a feeding tube)
- Your child may have:
  - Formula or milk up to **6 hours** before the procedure
  - Breast milk or an unlimited amount of clear fluids up to **4 hours** before the procedure
  - A limited amount of clear fluids up to **2 hours** before the procedure if his/her doctor approves. The amount is based on age:
    - 0 to 4 years old: no more than 2 ounces (1/4 cup)
    - 5 to 13 years old: no more than 4 ounces (1/2 cup)
    - Over 13 years old and adults: no more than 8 ounces (1 cup)
- Clear fluids are:
  - Water
  - Apple or white grape juice
  - Carbonated drinks, such as soda pop
  - Sports drinks such as Gatorade®
  - Pedialyte®
  - Clear tea
- No milk, creamer, or lemon added to any drinks
- No gum, mints, or candy
- **Do not eat or drink 2 hours before the procedure.**

Your child’s stomach must be empty for the procedure. We do not want food from your child’s stomach to get into his/her lungs during the procedure. The procedure will be delayed or rescheduled if you do not or cannot follow these instructions.