











**Eating and drinking rules before your child's surgery,  
test or treatment**

**Parents/Guardians: PLEASE READ BEFORE THE  
DAY OF SURGERY**

Type of food	Examples	Latest time you can eat or drink
<b>Clear liquids</b>   	Liquids you can see through such as water, apple juice, Pedialyte, or other clear juices (no pulp), plain jello <b>Last drink may not be more than 1 regular cup (8 oz)</b>	 <b>2 hours</b> before you are told to <b>arrive</b> at the hospital 
<b>Breast Milk</b>		<b>4 hours</b> before you are told to <b>arrive</b> at hospital 
<b>Infant Formula</b>		<b>6 hours</b> for infant formula (for infants under 1 year of age) 
<b>All other foods and liquids</b> 	All solids, all milk, candy, all meat containing products, all fried foods, all cheeses, ice cream	<b>8 hours</b> (or after midnight before first case starts) for solids and milk 
<b>Medications</b>	Routine medications may be given at the usual time with a sip of water, EXCEPT FOR white liquid antacids and stool softeners, and some heart and blood pressure medications, please contact your doctor before the procedure.	<b>8 hours</b> before you are told to arrive to the hospital for Maalox, Mylanta, Myralax, Carafate, Senna, ACE inhibitors (e.g., captopril, lisinopril, enalapril), or ARBs (losartan, valsartan, irbesartan)

**If you have any questions, please call the Pediatric Anesthesia office at 410 955-7610, Monday – Friday from 7:30- 4:00pm.**