

# Eating and drinking rules before your child's ARRIVAL TIME for their procedure

CLEAR  
LIQUIDS

DRINK UNTIL  
1 HOUR BEFORE  
ARRIVAL TIME



Water, Apple Juice, Pedialyte,  
Gatorade, Plain Jello

BREAST  
MILK

DRINK UNTIL  
3 HOURS BEFORE  
ARRIVAL TIME



INFANT  
FORMULA

DRINK UNTIL  
5 HOURS BEFORE  
ARRIVAL TIME



SOLID  
FOOD

EAT UNTIL 7 HOURS  
BEFORE ARRIVAL TIME  
(or until midnight for cases  
starting at 7:30 am)



Bread, milk, Pediasure,  
fruits, vegetables, candy

Questions? Please call:

Johns Hopkins Children's Center - Baltimore, MD: (443) 287-3806

Johns Hopkins All Children's Hospital - St. Petersburg, FL: (727) 767-8431