







## 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> <br><br> | Liquids you can see through such as water, apple juice, Pedialyte, or other clear juices (no pulp), plain jello<br><b>Last drink may not be more than 1 regular cup (8 oz)</b>   | <b>2 hours</b> before you are told to arrive at the hospital   |
| <b>Breast Milk</b>  |    | <b>4 hours</b> before you are told to arrive at hospital   |
| <b>Infant Formula</b>   |   | <b>6 hours</b> for infant formula (for infants under 1 year of age) before you are told to arrive at the hospital.                 |
| <b>All other foods and liquids</b><br>   | All solids, all milk, candy, all meat containing products, all fried foods, all cheeses, ice cream   | <b>8 hours</b> for solids and milk before you are told to arrive at the hospital. (Midnight for cases starting 7:30 am or 8:00 am) |
| <b>Medications</b>  | Routine medications may be given at the usual time with a sip of water, EXCEPT FOR the following which should not be given for at least <b>8 hours</b> before you are told to arrive at the hospital: <ul style="list-style-type: none"> <li>• White liquid antacids (Mylanta, Maalox)</li> <li>• Stool softeners (Carafate, Senna)</li> <li>• ACE inhibitors (e.g., captopril, lisinopril, enalapril)</li> <li>• ARBs (losartan, valsartan, irbesartan)</li> </ul> Please contact your doctor about these before the procedure day. |  |

**If you have any questions, please call the Pediatric Anesthesia office at 410 955-7610,  
Monday – Friday from 7:30- 4:00pm. Rev. Jul 2013**