

PEDIATRIC PRE-OPERATIVE FASTING GUIDELINES

The rules for no eating or drinking before surgery are called “nothing by mouth”, or NPO guidelines. Infants and children must follow these guidelines to keep them safe as possible during their surgery. Your child’s surgery may be cancelled or delayed if these rules are not followed.

NO solid food after midnight. *No exceptions.*

- Clear liquids up to 2 hours prior to arrival time, ≤ 4 years of age
- Clear liquids up to 4 hours prior to arrival time, ≤ 8 years of age
- Breast milk up to 4 hours prior to arrival time.
- Formula up to 6 hours prior to arrival time.

Clear liquids are those you can “see through” e.g. water, fruit juices without pulp, carbonated beverages, or clear tea.

Please note NPO times are based on your arrival time to the Surgery Center, and not your actual surgery time.