

When and what can my child eat before the procedure?

For your child's safety, it is **very** important to have an **empty stomach** when anesthesia or sedation medicines are given. This is important because if vomiting occurs during the procedure, food or liquid can get into the lungs. If your child has had even a small amount to eat or drink, the procedure will be delayed or cancelled.

- Your child may eat and drink as usual until **8 hours** before your arrival time.
 - Your child may have formula or milk until **6 hours** before your arrival time.
 - Your infant may have breast milk until **4 hours** before your arrival time.
- Your child may have **only clear liquids** until **2 hours** before your arrival time. Clear liquids only include: water, Popsicles®, apple juice, Jell-O®, Kool-Aid®, or soft drinks. **No** milk, hard candy, gum, or any juice other than apple juice.
 - **Nothing by mouth 2 hours** before your arrival time. **No** food, liquids, hard candy, gum, or water.

Can I give my child's medicines?

Talk with your child's doctor about taking medicines before the procedure. If your doctor recommends a specific medicine, you may give it with a sip of clear liquid. **Do not** give medicines with pudding, applesauce, yogurt, or other foods.