

Don't forget: Check this list before your child's surgery or procedure!

How to prepare your child or teen before surgery or procedure:

- ❑ **Bring all medication bottles**, and any other important information about your child, so the doctor can confirm the medicine your child takes.



- ❑ **Have your child wear eyeglasses** on day of surgery/procedure. **Do not let your child wear contacts lenses.**



- ❑ Have transportation arrangements made for when your child leaves the hospital. Taking **public transportation is discouraged.**



- ❑ **Remove all make-up and nail polish** from your child.



- ❑ **Remove all jewelry**, including body piercings, from your child.

On the day of the surgery or procedure:

We do not advise bringing siblings to the hospital on the day of surgery/procedure.

Consents for surgery/procedure must be signed by the parent or legal guardian if child or teen is under age 18.

A **urine sample** is taken from female patients over the age of 12. Female patients under the age of 12 who have had a period will also need to give a urine sample. The sample is used for a pregnancy test.

Contact Us

- ❑ **Pre-Op Clinic, Boston Campus**
617-355-3765
Arrive 1.5 hours before the procedure
Main 3
- ❑ **Day Surgery, Boston Campus**
617-355-7921
Arrive 1.5 hours before the procedure
Main 3
- ❑ **Surgical Center, Waltham Campus**
781-216-1285
Arrive 1.5 hours before the procedure
- ❑ **Surgical Center, Lexington Campus**
781-216-3000
Arrive 1 hour before the procedure
- ❑ **Gastroenterology Procedure Unit (GPU), Boston Campus**
617-355-6172
- ❑ **Interventional Radiology, Boston Campus**
7:30am-4:30pm: 617-355-6579
- ❑ **Radiology (MRI, CT, and Nuclear Medicine)**
8am-6pm: 617-919-7226
- ❑ **Cardiac Pre-Op Clinic, Boston Campus**
8:30am-4pm: 617-355-6095
4:30pm-7:30pm: 617-355-0030
After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged
- ❑ **Cardiac MRI, Boston Campus**
8am-4pm: 617-355-6024
4pm-7:30pm: 617-355-0032
After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged

Your Guide to Eating and Drinking Before a Surgery or Procedure

NPO Guidelines



Boston Children's Hospital

Until every child is well™

617-355-6000
617-730-0152 (TTY)
www.childrenshospital.org

Eating and Drinking Guidelines

Before a surgery or procedure, eating and drinking are not allowed for certain periods of time. **Follow the directions in this brochure carefully to prepare your child.**

Why can't my child eat or drink before a surgery or procedure?

This is to make sure that your child is safe during the surgery or procedure. Food and drink – such as liquids, solid foods, and breast milk – collects in the stomach. When your child goes to sleep, food and liquid can rise up from the stomach and enter the lungs. This can cause pneumonia.



Since different foods move through the stomach at different speeds, it is important to follow the guidelines in this brochure on eating and drinking prior to a surgery or a procedure.

What happens if my child eats or drinks after the time given by the doctor?

If your child eats or drinks after the specified time, **the surgery or procedure may have to be delayed or cancelled.**

What are examples of clear liquids?

Your child can have clear liquids up until two hours before the procedure or test. Clear liquids include:

- Plain water (NO carbonation)
- Glucose water
- Apple juice (NOT cider)
- Clear Pedialyte



□ If your child is under 12 months of age:

- ✗ Stop food and milk at Midnight, the night before the surgery/procedure
- ✗ Stop all formula 6 hours before the time of the surgery/procedure
- ✗ Stop breast milk 4 hours before the time of the surgery/procedure
- ✗ Stop clear liquids 2 hours before the time of the surgery/procedure



Any thickener to feeds, including formula with added rice, *Simply Thick* or *Thick-It*, is considered a solid and must be stopped at midnight, the night before the surgery/

□ If your child is over 12 months of age:

- ✗ Stop food, milk, gum, candy, mints, and formula at Midnight, the night before the surgery/procedure
- ✗ Stop breast milk 4 hours before the time of the surgery/procedure
- ✗ Stop clear liquids 2 hours before the time of the surgery/procedure



Any thickener to feeds, including formula with added rice, *Simply Thick* or *Thick-It*, is considered a solid and must be stopped at midnight, the night before the surgery/ procedure.

Guidelines for Children and Teens with G-Tubes

□ If child is under 12 months of age:

- ✗ Stop formula feeding 6 hours before the time of the surgery/procedure
- ✗ Stop clear liquids 2 hours before the time of the surgery/procedure

□ If child is over 12 months of age:

- ✗ Stop purees, food and formula at Midnight, the night before the surgery/procedure
- ✗ Stop clear liquids 2 hours before the time of the surgery/procedure



For Waltham patients: For the date and time of your child's surgery/procedure, please contact your clinic on the back of this brochure.

For all other patients: Your clinic will call you with the date and time of your child's surgery/procedure.

Notes

Write down any notes or questions you may have here.