



PAEDIATRIC FASTING INSTRUCTIONS

Patient's attending hospital for the **MORNING or Full Day** theatre.list

- **May eat and drink until midnight.**
- **May drink clear fluids* only until 7:00 am. It is important to give your child a clear drink before the cut off time of 7.00 am.**
- **Must be 'nil by mouth' after 7:00 am,**

***Clear fluids** include clear fluids such as **flat 7 UP** or **water** only.

Patients attending hospital for the **AFTERNOON** in theatre (ie; Surgery scheduled after 1.00pm).

- **May eat and drink until 7:00 am on the morning of surgery. They may have a light breakfast before this time.**
- **May drink clear fluids* until 11:00 am. It is important to give your child a clear drink before the cut off time of 11.00 am.**
- **Must be 'nil by mouth' after 11:00 am,**

***Clear fluids** include clear fluids such as **flat 7 UP** or **water** only.

Reference:

This information is in accordance with the N.I.C.E Guidelines. Preoperative fasting in children undergoing elective surgery – 'the 2-4-6 rule'

- **'2' - Intake of water and other clear fluid up to two hours before induction of anaesthesia.**
- **'4' - Breast milk up to four hours before.**
- **'6' - Formula milk, cows' milk or solids up to six hours before.**