

# PRE-ANESTHESIA INFORMATION

## Instructions for Eating and Drinking Before Anesthesia

It is important for your child's stomach to be completely empty prior to procedures. Eating or drinking before anesthesia can cause choking or vomiting which may result in pneumonia.

Since different liquids and foods move through the stomach at different speeds, it is important to follow these instructions to keep your child safe.

A perioperative nurse from the Children's Hospital will call you the evening before your child's procedure informing you of arrival time and to review and clarify these instructions.

If your child eats or drinks after the specified time, the procedure or surgery may be canceled or delayed.

- **Solid foods:** NO food, milk, candy or gum is allowed after MIDNIGHT, the night before the procedure.
- **Infant formula:** Give formula up to 6 hours before arrival time.
- **Breast milk:** Give breast milk up to 4 hours before arrival time.
- **Clear liquids:** Give clear liquids (water, pedialyte, apple juice) up to 2 hours before arrival time.

Once your child is no longer able to have solids, infant formula, or breast milk, please encourage your child to drink plenty of clear liquids to maintain adequate hydration.

## Additional Information

### Pre-operative Tours:

If you have any questions regarding how to prepare your child for surgery or if you would like to arrange for a pre-operative tour, please contact our Child Life Specialists at (212)-342-0688.

### Preparing for Procedure Checklist

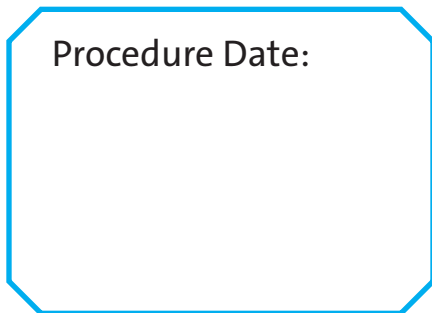
- Please bring all medication bottles, and any other important information about your child's health.
- Do NOT let your child wear contact lenses. Have your child wear eyeglasses on the day of the procedure.
- Remove all make up, nail polish, and jewelry from your child.
- Make arrangements for transportation home from the hospital.

### Pre-operative Phone Call

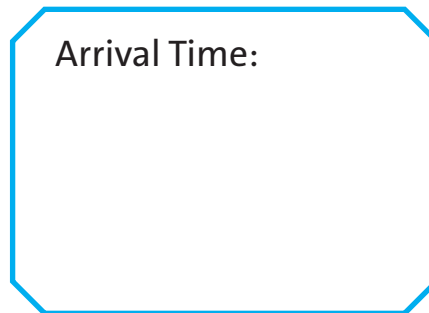
A nurse will call you the evening before your child's procedure or surgery to discuss arrival time and review these instructions.

If you cannot reach a phone before 8 pm, please call 212-305-2418.

Procedure Date:



Arrival Time:



### Questions or concerns:

With any questions regarding anesthesia please call and speak with a perioperative nurse practitioner at (646)-317-4311 between 9am and 5pm. If you are prompted to leave a message, a provider will return your call.

If your child becomes sick prior to surgery, please notify your surgeon's office. If you need to cancel the evening before surgery, please call the OR desk at (212)-305-2415.