

# Fasting guide

## For general anaesthesia and surgery



This guide shows when your child can eat and drink before surgery. If you are unsure or have questions, please ask a nurse first.

### Clear liquids



#### Sip if thirsty

Includes water, clear apple juice (no pulp), electrolyte drinks and ice blocks until asked to stop by a nurse or doctor.

### Breast milk



#### Stop 3 hours before anaesthesia

### Baby formula



#### Stop 4 hours before anaesthesia

Includes infant, toddler, stage 2 formula

### Food and other drinks



#### Stop 6 hours before anaesthesia

Includes all other milks, icecream, protein shakes, smoothies, lollies and thickened fluids.

These guidelines may change for some patients or surgeries (for example if your child is getting food in a tube or having a special test like a PET scan).

Scan for our Kids Health Info fact sheet: *Preparing for Surgery*

