

Getting Your Child Ready for Anesthesia or Sedation

St. Martha's Regional Hospital

For surgery, your child will have:

- › Anesthesia (medication to put them to sleep for surgery)
or
- › Sedation (medication to help them relax and fall asleep)
- If your child has any food or liquid in their stomach, it could move to their mouth and into their lungs. This is very dangerous.
- If you do not follow these instructions, your child's surgery will be cancelled.

Night before surgery

After midnight, the night before your child's surgery:

- Do not let your child eat any solid foods. This includes liquids with solid parts, like:

- › Orange juice
- › Soup broth
- › Jell-O®
- › Gum
- › Candy



Day of surgery

For 6 hours before your child's surgery:

- Do not let your child eat or drink:

- › Tube feeds
- › Formula
- › Cow's milk or milk alternatives (like oat, almond, and soy milk)



- They may have breast milk until 4 hours before their surgery.

For 4 hours before your child's surgery:

- **Do not let your child drink breast milk.**



- They may have clear fluids (fluids you can see clearly through) until **2 hours before their surgery**. Clear fluids include:
 - › Water
 - › Clear apple juice
 - › Ginger ale

For 2 hours before your child's surgery:

- **Do not let your child eat or drink anything.**



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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