

Pediatric Preoperative Instructions

Eating and Drinking:

No solid food or milk 8 hours before your child's appointment time. It is extremely important that your child has an empty stomach to avoid vomiting and aspirating while under anesthesia.

Your child **can drink clear liquids up until 3 hours before** his/her appointment time. Clear liquids include water, pulp-free fruit juices such as apple juice, sport drink, and carbonated beverages.

Do not allow your child to chew gum or consume candy, as this increases stomach acid and fluid volume, which can increase risk of aspiration under anesthesia.

Your child needs to remain in your care and directly supervised on the day of the appointment to verify the eating and drinking instructions have been followed. **No school or day-care prior to the appointment** to make sure these instructions are strictly followed.

For your child's safety, the procedure will be delayed or cancelled if these instructions are not followed as written.

Clothing:

Your child should wear comfortable loose-fitting clothes to the appointment. Please bring a change of clothing, diapers, and a blanket to the appointment. Have your child wear a diaper to the appointment if they do so before going to bed.

Change in health status:

Should your child develop fever, cough, congestion, runny nose, nausea, vomiting, diarrhea, or any changes in health, please give us a call. These symptoms can increase complications under anesthesia. We will have to make an assessment and decide if it is safe to proceed.

******The anesthesiologist will be calling you to obtain your child's medical history and review these instructions with you prior to the appointment. If you have any questions or concerns, feel free to call us at 713-730-9229.***