PEDIATRIC CRITICAL CARE GUIDELINES

Alberta Children's Hospital

Alberta Health Services

PRE-ANESTHESIA FASTING GUIDE

Eating and Drinking Before Surgery

Patients for Scheduled Elective Surgery/Procedures (Excluding NICU)	
STOP All Foods including gum or candy	At Midnight
STOP Milk or milk products, formula or fortified breastmilk at	1 A.M.
STOP 100% breastmilk at	3 A.M.
GO Clear fluids	Allowed up until you leave the hospital
GO Medicine that cannot be missed	With water before leaving home

Patients for Non-Scheduled Surgery/Procedures (Including NICU, add-ons or on-call)	
STOP Full meals or fatty foods including gum or candy	8 hours prior
STOP Light meals, milk or milk products, formula or fortified breastmilk at	6 hour prior
STOP 100% breastmilk at	4 hour prior
GO Clear fluids	Allowed up until 1 hour before surgery or procedure
YIELD Medicine that cannot be missed	Discuss with healthcare team

Clarification of Clear Fluids & Light Meals

	Allowed	Not Allowed
Clear fluids for surgical fasting are non-milk based fluids without fruit pulp that you can see through	Water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7Up™, popsicles	Broth or soup, energy drinks, fruit flavored gelatin, orange juice
Light meal (one of the following options from the 'allowed' column served with clear fluids)	Dry toast and jam Bowl of soup Cereal with milk Cheese and crackers Yogurt	Difficult to digest foods such as meat products and fatty foods

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