

## Contact Numbers

### Paediatric Unit

023 9228 3344

### Poswillo Dental Unit (QAH)

023 92 286146

### References

Your child's general anaesthetic  
[www.youranaesthetic.info](http://www.youranaesthetic.info)

Perioperative fasting in adults and children. RCN guideline, Nov 2005

### How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail [portsmouthhospitals.patientexperience@porthosp.nhs.uk](mailto:portsmouthhospitals.patientexperience@porthosp.nhs.uk)

## Your Child's General Anaesthetic and Surgery

### Instructions for eating and drinking before an operation



Shipwreck Ward  
Queen Alexandra Hospital, Cosham  
Tel: (023) 9228 6391

### Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



## Morning Operations

### Babies

#### Breastfed

Last solids midnight

Last breast milk 4.30 am

Last clear fluids 6.30 am

#### Formula fed

Last solids midnight

Last formula 2.30am

Last clear fluids 6.30am

### Children

Last solids/milk midnight

Last clear fluids 6.30am

## Afternoon Operations

### Babies

#### Breastfed

Last solids 7.30am

Last breast milk 9.30am

Last clear fluids 11.30am

#### Formula fed

Last solids 7.30am

Last formula 7.30am

Last clear fluids 11.30am

### Children

Light breakfast of toast or cereal  
**recommended**

before 7.30am

Last milk before 7.30am

**Encourage** clear fluids

Up to 11.30am

## Questions

Q. What are clear fluids?

A. Water

See-through squash

Black tea or coffee +/- sugar

Q. What about sweets or chewing gum?

A. These are not allowed after

- midnight for morning operations
- 7.30am for afternoon operations

Q. What about fizzy drinks?

A. Same rules as sweets and chewing gum

**Failure to follow these instructions may result in cancellation of your child's operation.**