#### Don't forget: Check this list before you or your child's surgery or procedure!

How to prepare you or your child/teen before surgery or procedure:

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**Bring a written list of all medications** including over-the-counter medications. You can bring pharmacy receipts, photos of bottles or a printout from the doctor's office.

Have you or your child wear eyeglasses on day of surgery/procedure. Do not let yourself or your child wear contact lenses.

Have transportation arrangements made for when you or your child leaves the hospital. **We don't recommend taking public transportation.** 

**Remove all make-up and nail polish** from yourself or your child.

Remove all jewelry, including body piercings, from yourself or your child.

#### On the day of the surgery or procedure:

- We do not advise bringing siblings to the hospital on the day of the surgery/procedure.
- Consents for the surgery/procedure must be signed by the parent or legal guardian if the child or teen is under age 18.
- A **urine (pee) sample** is taken from female patients over the age of 12. Female patients under the age of 12 who have had a period will also need to give a urine sample. The sample is used for a pregnancy test.

#### Contact us

Perioperative Care Coordination Clinic, Boston Campus 617-355-3765 Arrive 1.5 hours before the procedure

Day Surgery, Boston Campus 617-355-7921 Arrive 1.5 hours before the procedure

Surgical Center, Waltham Campus 781-216-1285 Arrive 1.5 hours before the procedure

Surgical Center, Lexington Campus 781-216-3000 Arrive 1 hour before the procedure

Gastroenterology Procedure Unit (GPU), Boston Campus 617-355-6172

Interventional Radiology, Boston Campus 7:30am-4:30pm: 617-355-6579 Arrive 1.5 hours before the procedure

Radiology (MRI, CT, and Nuclear Medicine) 8am-6pm: 617-919-7226

Cardiac Pre-Op Clinic, Boston Campus 8:30am-4pm: 617-355-6095 4:30pm-7:30pm: 617-355-0030 After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged

**Cardiac MRI, Boston Campus** 8am-4pm: 617-355-6024 4pm-7:30pm: 617-355-0032 After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged

# Your Guide to Eating and Drinking Before a Surgery or Procedure

# **NPO Guidelines**





Where the world comes for answers

617-355-6000 617-730-0152 (TTY) www.childrenshospital.org

### Eating and Drinking Guidelines

Before a surgery or procedure, eating and drinking are not allowed for certain periods of time. Follow the directions in this brochure carefully to prepare yourself or your child.

# Why can't I or my child eat or drink before a surgery or procedure?

This is to make sure that you or your child is safe during the surgery or procedure. Food and drink — such as liquids, solid foods and breast milk collects in the stomach. When you or your child goes to sleep, food and



liquid can rise up from the stomach and enter the lungs. This can cause pneumonia.

Since different foods move through the stomach at different speeds, it is important to follow the guidelines in this brochure on eating and drinking before to a surgery or a procedure.

#### What happens if me or my child eats or drinks after the time given by the doctor?

If you or your child eats or drinks after the specified time, **the surgery or procedure may have to be delayed or cancelled.** 

## What are examples of clear liquids?

You or your child can have clear liquids up until **1 hour** before the procedure or test.

Clear liquids include:

- Plain water
- Glucose water
- Apple juice (NOT cider)
- Clear Pedialyte
- Clear carbonated
  beverages are acceptable



## Timeline for Eating and Drinking:

× Stop solid food and milk at **midnight** before the surgery/procedure



- × Stop all formula **6 hours** before the time of the surgery/procedure
- × Stop breast milk **4 hours** before the time of the surgery/procedure
- × Stop clear liquids **1 hour** before the time of the surgery/procedure

Any thickener to feeds, including formula with *Simply Thick or Thick-It,* should be stopped **6 hours** prior to surgery.

# Timeline for Eating and Drinking for Children with G-Tubes:

- × Stop all formula **6 hours** before the time of the surgery/procedure
- × Stop clear liquids **1 hour** before the time of the surgery/procedure

#### For Waltham patients:

For the date and time of you or your child's surgery/procedure, please contact your clinic on the back of this brochure.

#### For all other patients:

Your clinic will call you with the date and time of you or your child's surgery/procedure.

## Notes

Write down any notes or questions you may have here.

