

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

### How to prepare your child or teen before surgery or procedure:

- ❑ **Bring a written list of all medications and their dosages**, including over-the-counter medications, Pharmacy receipts, photos of bottles, or printouts from your physician's office.



- ❑ **Have your child wear eyeglasses** on the day of the surgery/procedure. **Do not let your child wear contacts lenses.**



- ❑ Have transportation arrangements made for when your child leaves the hospital. Taking **public transportation is discouraged.**



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



- ❑ **Remove all jewelry**, including body piercings, from 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 child or teen is under age 18.

A **urine 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  
**Main 3**
- ❑ **Day Surgery, Boston Campus**  
617-355-7921  
Arrive 1.5 hours before the procedure  
**Main 3**
- ❑ **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
- ❑ **Radiology (MRI, CT, and Nuclear Medicine)**  
**8am-6pm:** 617-355-2817
- ❑ **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



617-355-6000  
617-730-0152 (TTY)  
[www.childrenshospital.org](http://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 your child.**

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

This is to make sure that your child is safe during the surgery or procedure. Food and drink – such as liquids, solid foods, and breast milk – collect in the stomach. When 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 prior to a surgery or a procedure.

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

If 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?

Your child can have clear liquids up until two hours before the procedure or test. Clear liquids include:

- Plain water (NO carbonation)
- Glucose water
- Apple juice (NOT cider)
- Clear Pedialyte



### □ If your child is under 12 months of age:

- ✗ Stop food and milk **8** hours 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 **2** hours before the time of the surgery/procedure



**Any thickener to feeds**, including formula with added rice, *Simply Thick* or *Thick-It*, is considered a solid and must be stopped **8** hours before the surgery/procedure.

### □ If your child is over 12 months of age:

- ✗ Stop food, milk, gum, candy, mints, and formula **8** hours before the surgery/procedure
- ✗ Stop breast milk **4** hours before the time of the surgery/procedure
- ✗ Stop clear liquids **2** hours before the time of the surgery/procedure



**Any thickener to feeds**, including formula with added rice, *Simply Thick* or *Thick-It*, is considered a solid and must be stopped **8** hours before the surgery/procedure.

## Guidelines for Children and Teens with G-Tubes

### □ If child is under 12 months of age:

- ✗ Stop formula feeding **6** hours before the time of the surgery/procedure
- ✗ Stop clear liquids **2** hours before the time of the surgery/procedure

### □ If child is over 12 months of age:

- ✗ Stop purees, food and formula **8** hours before the surgery/procedure
- ✗ Stop clear liquids **2** hours before the time of the surgery/procedure



**For Waltham patients:** For the date and time of 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 your child's surgery/procedure.

## Notes

Write down any notes or questions you may have here.