


Pediatric 'Fasting' (NPO) Guidelines

Below are the specific eating and drinking instructions (also referred to as “fasting” or “NPO” guidelines) for which your child is required to follow before his or her surgery or procedure. If you were given personalized fasting instructions from your child’s doctor, please follow those guidelines instead.

|  | Clear Liquids include liquids you can see clearly through (e.g., Pedialyte, water, Gatorade, apple juice, Jell-O or broth); orange juice and sodas are NOT clear liquids | Breastmilk and Formula does NOT include breastmilk or formula mixed with a blenderized or pureed diet | Solid Foods include items part of your regular diet, gum, candy, or mints |
|---|--|---|---|
| Infants: Less than 6 months | STOP consumption 2 hours prior to the time surgery is scheduled | STOP consumption 4 hours prior to the time surgery is scheduled | N/A |
| Toddlers: 6 months and older, but less than 3 years | STOP consumption 2 hours prior to the time surgery is scheduled | STOP consumption 6 hours prior to the time surgery is scheduled | STOP consumption 8 hours prior to the time surgery is scheduled |
| Children: 3 years and older, but less than 12 years | STOP consumption 2 hours prior to the time surgery is scheduled | N/A | STOP consumption 8 hours prior to the time surgery is scheduled |
| Adolescents and adults: 12 years and older | STOP consumption 2 hours prior to the time you are told to arrive | N/A | STOP consumption 8 hours prior to the time you are told to arrive |

Please note: Please make sure to let your doctor’s office know immediately if your child has had a fever, cough, runny nose, sore throat, nausea or diarrhea anytime in the two weeks before surgery.