

Adult surgery info

Fasting guidelines - adults

It is very important that you fast before you are admitted to the hospital. Fasting means not eating at all and drinking only a little. It is very important for your own safety that you follow the fasting guidelines. If you do not follow the rules, your surgery or exam will likely be cancelled.

On the day of your admission, follow these rules

As of 6 hours before your admission

- Do not eat anything.
- Drink only clear liquids. Clear liquids include: water, squash, clear apple juice, tea and coffee without milk.
- Avoid alcohol, dairy products and fizzy drinks.

As of 2 hours before your admission

- Do not eat anything.
- Do not drink anything.

You are allowed to have a sip of water to take medicine.

Children's surgery info

Fasting guidelines - children

It is very important that your child fasts before they are admitted to the hospital. Fasting means that your child is not allowed to eat and is only allowed to drink clear fluids. It is very important for your child's own safety that they follow the fasting guidelines. If they do not follow the rules, their surgery or exam will likely be cancelled.

On the day of your child's admission, follow these rules

As of 6 hours before admission

- Your child is not allowed to eat anything. If your child is breastfed, please follow the guidelines below.
- It is important that your child continues to drink until their surgery or exam, so keep encouraging them to drink. Your child should only drink water, squash, clear apple juice or tea without milk.
- Avoid dairy products or fizzy drinks.

You are allowed to have a sip of water to take medicine.

Breastfed children:

- You can breastfeed your child up to 4 hours before they are admitted.
- It is important that your child continues to drink until their surgery or exam, so you can give them clear fluids after the final breastfeed. Clear liquids include water, squash, clear apple juice and tea.
- Do not give your child dairy or fizzy drinks after the final breastfeed.

Taking medicine with a sip of water is always allowed.