

# Guidelines to Prepare for Anesthesia or Sedation

When your child should stop eating and drinking before a procedure

For your child's health and safety, follow this step-by-step schedule to prepare for anesthesia or sedation. Your child should stop eating food 8 hours before surgery and stop liquids as the procedure time approaches.

It is important for your child to have an empty stomach before anesthesia or sedation. Otherwise, food or liquid could get into the lungs if vomiting occurs during the procedure. **If you do not follow the eating/drinking instructions your child's health care team provides, the procedure may be rescheduled.**

8 HOURS before the procedure	6 HOURS before the procedure	4 HOURS before the procedure	2 HOURS before the procedure
			
<p><b>Stop eating</b> any kind of food – meals, snacks, hard candy, gum and cough drops.</p>	<p><b>Stop drinking</b> milk or baby formula.</p>	<p><b>Stop giving</b> your child breast milk.</p>	<p><b>Stop drinking</b> all liquids – water, juice, tea, Pedialyte®, soda and sports drinks.</p>

Should you have questions about preparing your child for anesthesia or sedation, please contact:

**GOJO Outpatient Surgery Center**  
Kay Jewelers Pavilion, Third Floor  
330-543-1040

**Akron Children's Hospital  
Surgical Services**  
Main Hospital Building, Fourth Floor  
330-543-8529

**Akron Children's Hospital  
Mahoning Valley**  
The Kikel Center for  
Pediatric Surgery  
Beeghly Campus, Building A  
330-746-8110

