

Eating and Drinking Rules Before Your Child has Anesthesia








Follow these rules before your child's surgery/procedure to make sure their **stomach is empty** at the time of anesthesia to prevent serious problems.

DO NOT have your child eat or drink non-clear liquids close to the time of their surgery/procedure, or it will have to be rescheduled. **NO** gum, candy, or mints on the day your child is having anesthesia.

Important for Patients Taking GLP-1 Medicines (Ozempic, Wegovy, Mounjaro, Zepbound)

If your child takes a GLP-1 medicine, please let your care team know. The eating and drinking instructions on this handout **do not apply** to your child. You will receive a different set of instructions.

Type of food or drink	Child can have until	STOP at
Solid foods For example, meat, eggs, yogurt, bread, smoothies 	8 HOURS Before surgery/procedure time	_____ a.m./p.m.
Non-clear liquids Jell-O®, broth, formula, PediaSure®, thickeners, off-the-shelf tube feeds, milk (cow, soy, etc.), gummy medicines and Miralax or GoLyte 	6 HOURS Before surgery/procedure time	_____ a.m./p.m.
 Remember: Smoothies and any liquid blended with a solid food must be stopped 8 hours before surgery/procedure time.		
Breast milk 	4 HOURS Before surgery/procedure time	_____ a.m./p.m.
Clear liquids and some medicines Water, Sprite, Pedialyte®, apple juice, Gatorade, plain coffee or tea with no milk, cream, nondairy creamer or protein 	2 HOURS Before surgery/procedure time	_____ a.m./p.m.
Your child should continue drinking clear liquids up until this time.		

For questions about the Eating and Drinking Rules, including medicine questions, please call: Anschutz Medical Campus at 720-777-5337 | Colorado Springs at 719-305-6154

childrenscolorado.org

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