

FASTING INSTRUCTIONS - FOR PARENT/GUARDIAN OF CHILD ON OPERATING LIST TO COMMENCE AT 9.00 AM

For your child's safety you must follow these instructions carefully, failure to do so could lead to your child's operation being cancelled as it would be unsafe to continue. On the day before surgery your child should eat his/her normal diet.

Fasting instructions for food

If your child is having surgery in the morning:

- You should give your child a light snack at bedtime (at any time up to midnight).
- Do not give your child any food after midnight on the day of his/her operation.
- Do not give chewing gum or boiled sweets after midnight.

Fasting instructions for fluids

Your child should drink clear fluids such as water, squash, black tea or black coffee up to 7.00 am on the day of his/her operation but

Do not:

- Give your child drinks containing milk or any other milk products or Fruit juice with pulp (bits) on the day of his/her operation.
- After 7.00 am your child should not eat or drink anything.

Prescribed medication

- Should be taken before 7.00 am, unless you have been told to omit your child's medications by the pre-operative assessment nurse, the surgeon or the anaesthetist.
- If necessary, medications can be taken after 7.00 am with a small amount of water.
- Breast fed infants should have their last feed 4 hours before surgery.



Patient Experience Team

The team are available to offer advice or information on healthcare matters. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. The team can visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059. Email: pals.dbh@dbh.nhs.uk.

