



## **PAEDIATRIC ENT SERVICES**

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## **SURGICAL PATIENTS - FASTING TIMES**

It is important that your child's stomach is empty when he or she comes to THEATRE to prevent vomiting during the anaesthetic. However, it is also important that your child does not starve for a long period of time.

In the instructions below,

- a) "clear fluid drink" means water, lemonade, diluted fruit juice or cordial, depending on your child's age and preference
- b) **MILK IS NOT A CLEAR FLUID, IT COUNTS AS A MEAL**
- c) the quantity given should be the normal amount for age, and the child should not be urged to drink excessive amounts.

### **FOR MORNING OPERATIONS (7.00AM ADMISSION)**

#### **AT ALL AGES**

1. Give nothing by mouth after 6.00am
2. Give no solids or milk after 4.00am

#### **0 - 6 MONTHS**

1. Give normal feed at 2.00am or earlier
2. Wake for clear fluid drink at 4.00am

#### **6 - 12 MONTHS**

1. Give feed at 2.00am or earlier if child wakes, otherwise do not wake

#### **18 MONTHS - 5 YEARS**

1. Wake for milk or clear fluid drink before parents retire (between 10.00pm and midnight)
2. If child wakes at or before 4.00am give clear fluid drink, otherwise do not wake

#### **OVER 5 YEARS**

1. Give milk or clear fluid before child goes to bed
2. If child wakes at or before 4.00am give clear fluid drink, otherwise do not wake

### **FOR AFTERNOON OPERATIONS**

#### **AT ALL AGES**

1. Give nothing by mouth after 9.30am
2. Give no solids or milk after 8.00am feed or breakfast, and complete by 8.30am

#### **INFANTS**

1. Give milk at 8.00am and complete by 8.30am. Baby must be awakened for this feed
2. Give clear fluid drink at 9.00am. Wake infant if necessary

#### **ALL OTHER CHILDREN**

1. Give breakfast at or before 8.00am. Child must be awakened for breakfast if necessary and must complete breakfast by 8.30am. Give clear fluid drink at 9.30am