

Surgery Eating and Drinking Instructions

Dr: _____

has scheduled: _____

for surgery on: _____

Arrival time at surgery location: _____

CHKD Main Hospital

CHKD Health & Surgery Center at Concert Drive

CHKD Health & Surgery Center at Oyster Point

Your child's surgical visit is important to us, and we are working diligently to ensure you have the best experience possible. **Three to five days prior to surgery, you will be contacted by the following teams:**

- CHKD Admitting: The admitting team will call to review your child's insurance information and benefits.
- CHKD Surgical Services: The surgical services team will call to review your child's medical history.

On the business day before surgery, we need to hear from you only if you have not been contacted by a nurse from Surgical Services.

- Please call (757) 668-7332 by 10 a.m. on the business day before your child's surgery to verify your arrival time and receive specific eating and drinking instructions.

Eating and drinking rules before surgery

Your child's stomach **must be** completely empty before surgery begins. This is an important safety precaution. Food in the stomach increases the risk of life-threatening complications during anesthesia and sedation.

IMPORTANT: If your child has had even a small amount to eat or drink after the stop times listed below, the procedure or surgery will be delayed or cancelled.

Do not eat within 8 hours of your arrival time.

This is the stop time for all solid foods and non-human milk, nutritional supplements, shakes, juice with pulp, pureed foods, soups, broths, G-tube feeds, rice cereal, thickeners, mints, candies, or gum.

Date: _____ Time: _____ a.m./p.m.

8 hours before surgery arrival time

Formula or fortified breast milk until:

Date: _____ Time: _____ a.m./p.m.

5 hours before surgery arrival time

Breast milk until:

Date: _____ Time: _____ a.m./p.m.

3 hours before surgery arrival time

Clear liquids until:

Water, Apple Juice (no apple sauce or cider), Pedialyte®, Gatorade®

Date: _____ Time: _____ a.m./p.m. *

30 minutes before surgery arrival time

***Patients should have nothing by mouth after this time.**

Can I give my child medicine?

Talk with the doctor about giving your child any medicine before the procedure. If your doctor recommends a specific medicine, you may give it with a sip of clear liquid. Continued asthma and allergy medication use is encouraged. Please bring inhalers with you on the day of surgery. Do not give milky antacids like Mylanta, Maalox, or Tums.

IMPORTANT: Do not give medicine with pudding, apple sauce, yogurt, or other foods.



Our Surgery Locations



Children's Hospital of The King's Daughters

601 Children's Lane
Norfolk, Virginia



CHKD Health & Surgery Center at Concert Drive

2021 Concert Drive
Virginia Beach, Virginia



CHKD Health & Surgery Center at Oyster Point

11783 Rock Landing Drive
Newport News, Virginia

Call (757) 668-7332 for all locations