

YOUR CHILD'S SURGERY

Day Before Surgery – Sheet to Record Eating and Drinking Instructions

Use this sheet to record the times you are given when you talk to staff at the hospital.

When to Give Medications on the Day of Surgery

Please give your child his or her medication(s) at the following time:

Arrival Time

Please be at the hospital at: _____

When you arrive at the hospital, please go to the Admitting desk, near the main entrance to register.

Eating and Drinking Instructions

- **Normal Diet** - Your child can have his or her normal diet until midnight the night before surgery. This includes solid foods, formula, milk, breast milk, and all juices.
- **Fluids** - After midnight, your child can only have certain fluids. We will tell you what fluids your child can have and what time your child can have these fluids until.
 - Formula – finish last feed at _____
 - Breast milk – finish last feed at _____
 - Water, apple juice or ginger ale – finish last drink at _____
- **Gum or Candy** – Do not give your child gum or candy on the day of surgery.

It is very important to follow these instructions carefully. If your child does have something to eat or drink by mistake, the surgery may be delayed or cancelled. If you have any questions about this information, please call 403-955-7856.