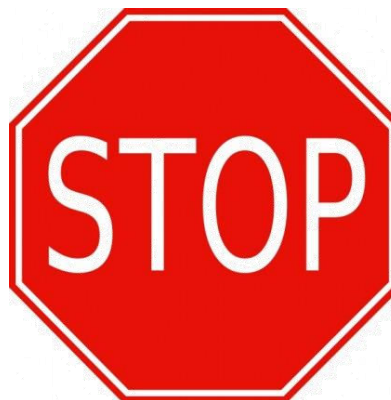


# Important instructions before surgery

## Rules for feeding your child

Stop solid foods  
8 hours before  
leaving for the  
hospital



Stop formula or cow's  
milk 6 hours before  
leaving for the hospital



Stop breast milk  
4 hours before  
leaving for the  
hospital



Stop clear fluids  
2 hours before  
leaving for the  
hospital

**It is very DANGEROUS** for your child to have any food or liquid in their stomach while going to sleep under anesthesia. The food can flow up into their mouth and pass down into their lungs.



**Fever:** If your child comes on the day of surgery with a new fever there is a possibility that your child's procedure may be canceled. This decision will be made by both the anesthesiologist and surgeon based on your child's condition.

**Talking to your child about surgery**  
It's important to prepare your child for the anesthetic and upcoming surgery. Knowing what to expect on the day of surgery will help your child cope.



**Toys and other distractions**  
Familiar objects will help your child feel more comfortable in a strange place. A toy, pillow, or blanket can be taken with them into surgery and the recovery room.

Start preparing your child a week or more ahead of time. They need time to ask questions and talk about their feelings.



Grace's Place Paediatric Surgery Waiting Room has a TV and video games to play, but as there are many children using them, it is a good idea to bring your own iPod or other hand-held gaming devices for your child to use while waiting for surgery.

