Fasting instructions for parents/carers

Your child will be reviewed/admitted for an emergency procedure tomorrow. Please present to:

☐ Admissions Centre at _____on the ground floor at PCH

☐ Triage desk of the Emergency Department at _____on the ground floor at PCH

It is important that your child is fasted appropriately for the procedure

For a morning procedure

- No food or milk (including lollies and chewing gum) after 2am
- No formula after 4am (if less than 12 months of age)
- No breast milk after 5am (if less than 12 months of age)
- No clear fluid/water after 7am

NOTE: It is important to wake your child and give a drink of water/clear fluid before 7am. Clear fluid is water, clear fruit juice, lemonade or cordial.

For an afternoon procedure

- No food or milk (including lollies or chewing gum) after 7am
- No formula after 9am (if less than 12 months of age)
- No breast milk after 10am (if less than 12 months of age)
- No clear fluid/water after 12pm

NOTE: It is important to give your child a drink of water/clear fluid at 12pm. Clear fluid includes water, glucose based drinks, cordials and clear juices.

The time given to you for your child's procedure may change. If you are being admitted, the nursing staff on the ward will try to keep you informed of any changes in scheduled theatre time. If a child requiring a more urgent operation comes in, they may go to theatre first. Your child's procedure will be scheduled as soon as possible.

This document can be made available in alternative formats on request for a person with a disability.

Government of **Western Australia**
Child and Adolescent Health Service