

# Fasting Instructions for Parents/Carers

Dear Parent/Carer

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

Admissions Centre at \_\_\_\_\_ on Level 4 of PMH

Triage desk of the Emergency Department at \_\_\_\_\_ on Level 4 of PMH

## 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 6am**

**NOTE: It is important to wake your child and give a drink of water/clear fluid before 6am. 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 11am**

**NOTE: It is important to give your child a drink of water/clear fluid at 11am. Clear fluid is water, clear fruit juice, lemonade or cordial.**

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.

Sincerely,

Surgical Services Clinical Care Unit  
Princess Margaret Hospital

