

DIET INSTRUCTIONS

Age	Neonates (Birth to 28 days)	Infants (1 to 12 mo's)	Toddlers (13 mo to 3 yrs)	Older Children & Adults
Clear liquids (water, apple juice, Pedialyte)	2 hours	2 hours	2 hours	2 hours
Human Breast Milk	2 hours	4 hours	4 hours	NA
Regular Diet (Cow milk, Formula, solids)	6 hours	6 hours	6 hours	8 hours

8 hours before surgery: May have a regular diet at regular quantities.

6 hours before surgery: Stop cow milk, formula, and all solid food. May have unlimited clear liquids.

Clear liquids are: apple juice, Pedialyte, or water.

4 hours before surgery: Last time to breastfeed regularly. May continue giving your child some *clear liquids only*. No formula or any solid food.

2 hours before surgery: Stop clear liquids.

For example: for a 6 month old infant, if surgery is scheduled at 7 am, the last time he/she can have formula and solid food is at 1 am, breast milk at 3 am, and apple juice at 5 am.

It is a good idea to give young babies some clear liquids or breast milk (but NO solid food or formula) about 4 hours prior to surgery so that they do not go a long time without food or liquids. They will be less likely to be dehydrated and will be less irritable.

The above guideline was developed with pediatric anesthesiologists to help reduce the risks associated with general anesthesia. *The patient's surgery may be delayed or cancelled if the diet instructions are not followed.*

FOR CHILDREN WHO TAKE MEDICATIONS OR HAVE SPECIAL NEEDS

- Follow the instructions your child's surgeon has told you regarding most medications.
- Check with your child's PCP to confirm when to stop the medications if there is any question.
- If your child has special medical conditions (hemophilia, lung disease, heart disease, gastroesophageal reflux, etc.), please discuss these with your surgeon; also inform the doctors who see your child for those conditions to see if any precautions is necessary.
- Please tell the surgeon of any significant allergies (Latex, medications, X-ray contrast)
- Inform the surgeon and the anesthesiologist if anyone in the immediate family has had any problems with anesthesia.
- Unless otherwise instructed, please be sure your child stops taking aspirin, NSAIDS (Advil, Motrin, Naprosyn or related medications) 7 days prior to the procedure.
- **If your child has an upper respiratory tract infection (cold, flu, RSV, pneumonia, ear infection, etc.) within two weeks of the surgery date, please inform us as soon as possible as the surgery may need to be rescheduled.**

Thank you for your attention.

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