

FASTING INSTRUCTIONS - FOR PARENT/GUARDIAN OF CHILD ON OPERATING LIST TO COMMENCE AT 2.00 PM

For your child's safety you must follow these instructions carefully, failure to do so could lead to your child's operation being cancelled as it would be unsafe to continue.

Fasting instructions for food

If your child is having surgery in the afternoon:

Do not give your child any food after 8.00 am on the day of his/her operation. This includes chewing gum or boiled sweets.

Your child should eat a light breakfast (see below) before 8.00 am on the day of surgery.

Fasting instructions for fluids

Your child should drink clear fluids such as water, squash, black tea or black coffee up to 12 midday on the day of his/her operation but

Do not

- Give your child drinks containing milk or any other milk products or Fruit juice with pulp (bits) on the day of his/her operation.
- After 12 midday your child should not eat or drink anything.

Prescribed medication

- Should be taken before 12 mid-day, unless you have been told to omit your child's medications by the pre-operative assessment nurse, the surgeon or the anaesthetist.
- If necessary medications can be taken after 12 mid-day with the minimum of water.
- Breast fed infants should have their last feed 4 hours before surgery.



Light Breakfast

A small bowl of cereal (Rice Krispies or Corn Flakes) with skimmed or semi-skimmed milk. (Your child cannot have high fibre cereals such as Weetabix, muesli, bran) or a slice of white toast with honey, jam or syrup but **no** butter.

Patient Experience Team

The team are available to offer advice or information on healthcare matters. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. The team can visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059. Email: pals.dbh@dbh.nhs.uk.

