



Fasting instructions for children coming into hospital for surgery



**Northampton
General Hospital**
NHS Trust

Introduction

Welcome to the Children's Unit. We hope the following information will be helpful to you. If you have any questions, please do not hesitate to contact a member of the nursing staff who will be happy to help you. Telephone Disney Ward on (01604) 545518.

Your child's operation will be performed whilst he/she is asleep under general anaesthesia. It is very important that you read and understand the fasting times printed below.

Children admitted before 09.00 for operation that morning

We strongly advise that your child has a drink in accordance with the times below to prevent excessive thirst.

- a) **Breast fed babies:** Breast feed and finish before 05.00.
- b) **Bottle fed babies:** No milk after 03.00. However, it is **important** that you give your child a drink of weak dilute squash or water up to an hour before surgery.
- c) **Older children:** Give milk and a snack as late as possible the night before. No solids or milk after 03.00. However, it is **important** that you give your child a drink of weak dilute squash or water up to an hour before surgery. Then nothing else, (including chewing gum and sweets).

Failure to follow these instructions will lead to postponement or cancellation of the operation.

Children admitted before 12.30 for operation that afternoon

We strongly advise that your child has a drink in accordance with the times below to prevent excessive thirst.

- a) **Breast fed babies:** No milk after 09.30.
- b) **Bottle fed babies:** No milk after 07.30. However, it is **important** that you give your child a drink of weak dilute squash or water before 11.30 then nothing else.
- c) **Older children:** Ensure your child has a normal breakfast to finish before 07.30. It is **important** that you give your child a drink of weak dilute squash or water before 11.30 then nothing else (including chewing gum and sweets).

Failure to follow these instructions will lead to postponement or cancellation of the operation.

List of drinks

Drinks that are OK:

- ✓ Water
- ✓ Very dilute squash
- ✓ Tea or coffee **WITHOUT** milk

Drinks NOT OK:

- ✗ Milk
- ✗ Fizzy drinks
- ✗ Fruit juice

Useful websites

www.nhs.uk

www.northamptongeneral.nhs.uk

www.rcoa.ac.uk/patients

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0300 123 1044, email: smokefree@northnorthants.gov.uk and pharmacies.

Car parking at Northampton General Hospital is ANPR. On arrival to the ward, please give your registration to the nurse and they will input this into the system so you will not need to pay on leaving. Parking is extremely limited, and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 523442 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: ngh-tr.pals@nhs.net

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www.northamptongeneral.nhs.uk

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