

Fasting Instruction for Children before Anaesthesia & Sedation

Your child will need to skip one meal before anaesthesia and sedation

For children under 6 months: please finish breastfeeding 3 hours before procedure or finish feeding bottled formula milk and food 4 hours before procedure.

For children aged 6 months or above: please finish eating 6 hours before procedure.

For children of all age groups: can be given clear fluid up to 1 hour before procedure.

(Clear fluid: any non-fizzy liquid that you can see through with no residue. This includes water, clear apple juice, cordial or energy drink. Milk products, soup, tea or coffee are NOT included.)

If your child has special metabolic or feeding needs, please refer to the specific instructions from your anaesthetist.

