



# Pediatric NPO Guidelines

NOTHING BY MOUTH

These instructions are strictly enforced to keep your child safe. Food and/or liquids consumed after the cut-off time will result in your child's procedure being delayed and/or cancelled.

- **All Solid Foods** must be discontinued  
8 hours prior to surgery
- **Infant Formula/Non-Human Milk** must be discontinued 8 hours prior to surgery
  - **EXAMPLE** : Breast milk with formula fortifiers, thickeners, liquid nutritional supplements (i.e., PediaSure)
- **Non-Clear Liquids** must be discontinued  
8 hours prior to surgery
  - **EXAMPLE** : PediaSure, formula, chicken broth, and apple sauce
- **Breast Milk** must be discontinued  
6 hours prior to surgery
- **Clear Liquids** must be discontinued  
2 hours prior to surgery
  - **EXAMPLE** : Water, apple juice, sports drinks like Powerade/Gatorade, powdered drinks, plain gelatin, or electrolyte solution

For questions, clarification, or concerns, please contact the CHOA Pre-Anesthesia Department for the location of your child's procedure:

- **Scottish Rite Main Hospital** : 404.785.2555
- **Arthur M. Blank Main Hospital** : 404.785.6712
- **Meridian Mark Ambulatory Surgery Center** : 404.785.5615
- **Satellite Blvd Ambulatory Surgery Center** : 404.785.8134

REVISED AND UPDATED ON 05/08/2025

# Pediatric NPO Guidelines

## NOTHING BY MOUTH

**STOP - 8 HOURS**  
**BEFORE TIME OF THE SURGERY**  
**SOLID FOOD EXAMPLES**



Fried Food



Meat



Fatty Food



Egg



Cookies

**STOP - 8 HOURS**  
**BEFORE TIME OF THE SURGERY**  
**NON-CLEAR LIQUID EXAMPLES**



Formula



Liquid Nutritional  
Supplements  
(like Pediasure™)



Orange Juice  
(or any food with pulp)



Chicken Broth



Apple Sauce

**STOP - 6 HOURS**  
**BEFORE TIME OF THE SURGERY**  
**PLAIN BREAST MILK**



Breast Milk

**STOP - 2 HOURS**  
**BEFORE TIME OF THE SURGERY**  
**CLEAR LIQUID EXAMPLES**



Water



Apple Juice  
(pulp-free)



Sports Drinks  
(like Gatorade™)



Powdered Drinks  
(like Kool-Aid™ & Crystal Light™)



Plain Gelatin  
(without food additives)



Electrolyte Solution  
(such as Pedialyte™)

REVISED AND UPDATED ON 05/08/2025

These rules are in place to make sure your child's stomach is empty during the procedure.  
This lowers the risk of serious problems while they are under anesthesia.