



## NPO GUIDELINES

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 at midnight.
- **INFANT FORMULA/NON-HUMAN MILK/NON-CLEAR LIQUIDS** must be discontinued **6 hours** prior to surgery.
  - EXAMPLES: Breast milk with formula fortifiers, thickeners, liquid nutritional supplements (i.e., Pediasure), liquids with pulp.
- **BREAST MILK** must be discontinued **4 hours** prior to surgery.
- **CLEAR LIQUIDS** must be discontinued **2 hours** prior to surgery.
  - EXAMPLES: Water, fruit juice without pulp, carbonated beverages, sports drinks (Powerade/Gatorade), plain tea/coffee, gelatin without food additives, hard candy, non-barium contrast diluted with clear liquids

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
- Eggleston Main Hospital: 404.785.6712
- Meridian Mark Ambulatory Surgery Center: 404.785.5615
- Satellite Blvd Ambulatory Surgery Center: 404.785.8134