Important Instructions About Eating and Drinking Before Anesthesia

- Eating or drinking before anesthesia can cause problems such as choking or vomiting during the procedure.
- If the instructions below are not followed, your child’s procedure will be delayed or cancelled.
- Please supervise your child closely to make sure he doesn’t “sneak” food. Check your car and car seats for food that may be within your child’s reach.

No food, drink, milk, candy or gum is permitted after 11 p.m. the evening before the procedure, except:

**Clear liquids**
- Your child may drink only water, Pedialyte®, clear apple juice or clear white grape juice until 2 hours before your arrival time.

**Breast milk**
- Children younger than 12 months may have breast milk until 3 hours before your arrival time.
- Children 12 months and older may have breast milk until 11 p.m. the night before the procedure.

**Infant formula**
- Healthy babies less than 6 months old on the day of procedure may have formula until 4 hours before your arrival time.
- Healthy babies 6 to 12 months old on the day of procedure may have formula until 6 hours before your arrival time.
- Do not add cereal to formula. Do not use formula that has cereal already added.

Important Information About Medications and Supplements

**Medications**
- Please bring all of your child’s medications, in the original containers, with you on the day of the procedure.
- Please follow the instructions you were given regarding which medications your child should and should not take on the day of the procedure.

**Medications for pain or fever**
- For 2 weeks before the procedure: Your child may not have aspirin, unless approved by your child’s physician. If your child has been prescribed daily aspirin, please discuss with the prescribing healthcare provider.
- For 3 days before the procedure: Your child may not have ibuprofen (Motrin® or Advil®), naproxen (Aleve® or Naprosyn®) or other non-steroidal anti-inflammatory drugs (NSAIDS), unless approved by your child’s healthcare provider.

**Nutritional and other supplements**
- For 2 weeks before the procedure: Your child may not have any herbal medications, herbal supplements, fish oil or other nutritional supplements unless approved by your healthcare provider.
- If your child has any of these products during the 2 weeks before the procedure, the procedure will be cancelled.

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To Find Out Your Arrival Time:
- Call 267-425-4699 the afternoon before the procedure between 3:30 and 6 p.m.
- If the procedure is scheduled for a Monday, please call on the Friday before the day of the procedure.
- If the procedure is scheduled for a day after a holiday, please call on the last business day before the day of the procedure.

Add-On Procedure: If your child needs to have an emergency procedure, but does not need to be admitted before the procedure, a member of the PACU staff will call you with your arrival time. We will call the phone numbers you gave us at registration. Please be sure they are correct. If you have not been called by noon, please call 267-425-4700 for an update.

Other Important Information

The night before the procedure
- Bathe your child with soap and water and shampoo her hair. Do not use any lotions, creams or powder after the bath. Use clean pajamas and linen after bathing.
- If you were instructed to give your child a CHG bath, please remember to follow those instructions carefully.

The day of the procedure
- Add 15–30 minutes to your usual travel time to allow for traffic delays and parking.
- Park in the Wood Center Garage. Use the Wood Center elevators which are located behind the sliding glass doors. Take the elevator to the third floor. Follow signs to Surgery Reception. Walk to the glass column and bear right, following signs for Surgery Reception. Enter the Surgery Reception area and check in at the desk. Please note: The third floor of the Wood Center and the fourth floor of CHOP's Main Building are on the same level. If you enter through the Main Building, take the Visitor Elevators to the fourth floor. Look for signs for Surgery Reception.
- Make arrangements for care of your other children. Only 2 adults may be with your child in the patient room.
- Bring an empty bottle or sippy cup, and a special toy or clean blanket for your child.
- Remove your child’s nail polish, fake nails, jewelry (including any jewelry in piercings) and makeup. Place long hair in pigtails. For any procedure lasting longer than 2 hours, remove any braids or beads in your child’s hair. Hair fasteners must be metal-free.
- If your child wears contact lenses bring a lens storage case and eyeglasses with you.
- No food or drink is allowed in the Pre-op Surgery Reception area.

Additional Instructions:
- Call 267-425-4689 if your child becomes ill before the day of the procedure.
- Call 267-425-4700 if:
  - Your child becomes ill on the day of the procedure
  - Your child has any food or drink (except clear liquids) after 11 p.m. the night before the procedure
  - Your child drinks anything, including clear liquids, 2 hours before you are asked to be at the Hospital
  - You experience any delay on the day of the procedure that may prevent you from arriving at Surgery Reception on time

Finding the Wood Center at The Children’s Hospital of Philadelphia:
- The GPS address for the Wood Center is: 515 Osler Circle, Philadelphia, PA 19104
- Go to www.chop.edu/directions

Talk to your child about his procedure:
Please visit our websites for helpful information about preparing your child for his procedure:
- www.kidshealthgalaxy.com
- www.chop.edu/flash/surgeryprepbook.html
- www.chop.edu/ambulatory-surgery-video

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