Important Instructions About Eating and Drinking Before Anesthesia or Sedation

Your child's safety is our top priority.

- Eating or drinking too close to the start of anesthesia could put your child at risk for serious problems during the procedure.
- However, drinking during the allowable time period may help your child feel better before and after anesthesia.
- Please encourage your child to drink before the procedure and follow these guidelines.

No food, candy or gum is permitted after 11 p.m. the evening before the procedure. ONLY the following drinks are permitted until the specified times:

- **Clear liquids**
  - Any age child may have ONLY water, Pedialyte®, clear apple juice or clear white grape juice up to 30 minutes before your arrival time (unless specifically instructed not to drink due to a medical condition).

- **Breast milk**
  - Younger than 12 months: up to 3 hours before your arrival time
  - 12 months and older: until 11 p.m. the night before the procedure

- **Infant formula**
  - Younger than 6 months: up to 4 hours before your arrival time
  - 6 to 12 months old: up to 6 hours before your arrival time
  - Older than 12 months: until 11 p.m. the night before the procedure
  - DO NOT add cereal to formula. DO NOT use formula that has cereal already added.

For your child's safety, if these instructions are not followed, your child's procedure will be delayed or cancelled.

Closely supervise your child during this time as many children may “sneak” food. Check your car and car seats for food that may be within reach. Do not send your child to school or day care on the day of the procedure.

Important Information About Medications and Supplements

- **Medications**
  - Bring all of your child’s medications, in the original containers, with you on the day of the procedure.
  - 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 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.
• If you have signed up for text messaging and receive a text message with your arrival time, you do not need to call.

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, call 267-425-4700 for an update.

Other Important Information
The night before the procedure
• Bathe your child with soap and water and shampoo his 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 the blue line on the wall to Surgery (MW410). Enter Surgery Check-In and stop 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. Follow signs to Surgery(MW410).
• 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 Surgery Check-In.
• Your arrival time allows at least 2 to 3 hours for us to make sure your child is ready and safe for the procedure.
  Your child will be seen by several members of the team before surgery.

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
  – You experience any delay on the day of the procedure that may prevent you from arriving at Surgery Check-In on time

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

Talk to your child about the procedure:
Visit our websites for helpful information about preparing your child for the procedure:
• kidshealthgalaxy.com
• chop.edu/surgeryprepbook
• chop.edu/surgeryguide