

FASTING GUIDELINES

Infants less than 6 months old

Stop top milk / formula milk 4 hours before the time of surgery

Stop breast milk 3 hours before the time of surgery

Children aged 6 months to 2 years

Stop food, top milk / formula milk 6 hours before the time of surgery

Stop breast milk 4 hours before the time of surgery Children older than 2 years

Stop water, coconut water 2 hours before the time of surgery

Children aged above 2 years

Stop food, top milk / formula milk 6 hours before the time of surgery

Stop water, coconut water 2 hours before the time of surgery

Examples:

1. A two months old baby undergoing surgery for hernia at 12noon. Stop, formula milk at 8 am (4 hours) and breast milk at 9 am (3 hours). Nothing to be given orally after that.
1. A one year and 5 months baby undergoing surgery for undescended testis at 8 am. Stop food and formula milk at 2 am the night before, breast milk at 4 am and water and coconut water at 6 am. Nothing to be given orally after that.
2. A four years old girl undergoing surgery – pyeloplasty at 10 am. Stop milk and food at 4 am, give water and coconut water till 8am. Nothing to be given orally after that.

Clear fluids:

Clear fluid is fluid which if you put in a transparent glass, then you can read a newspaper through it.

Examples of clear fluids are:

1. Water
2. Coconut water
3. Electral water or any ORS (oral rehydration solution)
4. Glucon D water
5. Appy (not frooti)