



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, popsicles, 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 03/07/2025

Pediatric NPO Guidelines

NOTHING BY MOUTH

STOP STOP – 8 HOURS
BEFORE TIME OF THE SURGERY
SOLID FOOD EXAMPLES



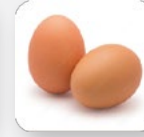
Fried Food



Meat



Fatty Food



Egg



Cookies

STOP 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)



Popsicles
(no pulp, no milk)



Chicken Broth



Apple Sauce

STOP STOP – 6 HOURS
BEFORE TIME OF THE SURGERY
PLAIN BREAST MILK



Breast Milk

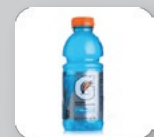
STOP STOP – 2 HOURS
BEFORE TIME OF THE SURGERY
CLEAR LIQUID EXAMPLES



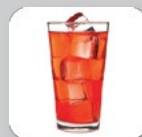
Water



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 03/07/2025

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.