



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, apple juice, Sprite, Pedialyte, sports drinks (Powerade/Gatorade)

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