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*Information for You from Your Health Care Team*

## Center for Children's Surgery Guidelines

We welcome you and your child to the Center for Children's Surgery. Listed below is some important information about your child's upcoming procedure. Please let us know at any time if you have any questions or concerns. You may call us at (315) 464-3636.

- Each visit you will meet an anesthesiologist and a nurse prior to the procedure. An anesthesiologist is a doctor who will give you sleepy medicine to make you fall asleep.
- Eating and drinking guidelines:
  - For children 12 years and older – nothing to eat/drink after midnight.
  - For children one to 11 years – nothing to eat after midnight.
    - May have clear liquids until three hours before procedure. Clear liquids include clear juices, Kool-Aid, plain Jello, plain popsicles and Pedialyte.
  - For infants under one year
    - May have formula up to 6 hours before procedure.
    - May have breastmilk up to 4 hours before procedure.
    - May have clear liquids up to 3 before before procedure.
- Gastrostomy tube (“G-Tube”) feedings follow above schedule.
- Jejunostomy tube (“J-Tube”) feedings DO NOT need to be held.
- No gum or hard candy after midnight.
- Your child may take morning meds with sip of water.

We welcome families to the preop holding area.

*Usually*, a family member can stay with your child until your child is asleep for the procedure.

After the procedure, one family member will be invited to the recovery room to be with your child. This is usually limited to one person because of patient safety and privacy. We appreciate your understanding.

**Speak up if you have any questions for concerns**

