



10/02/2013

Diet guidelines prior to anesthesia:

- Newborn-6 months old:
 - Stop formula 4 hours prior to arrival for anesthesia (NO CEREAL ALLOWED in any formula. Cereal is considered a SOLID)
 - Stop breast milk 3 hours prior to arrival for anesthesia
 - Stop clear liquids 2 hours prior to arrival for anesthesia
- 6-12 months old:
 - Stop solid food, milk, and juice with pulp by 11 p.m. the night before the test. This includes candy, pudding, and applesauce
 - Stop formula 6 hours prior to arrival for anesthesia (NO CEREAL ALLOWED in any formula. Cereal is considered a SOLID)
 - Stop breast milk 3 hours prior to arrival for anesthesia
 - Stop clear liquids 2 hours prior to arrival for anesthesia
- Over 1 year old:
 - Stop solid food, milk, and juice with pulp by 11 p.m. the night before the test. This includes candy, gum, pudding, and applesauce.
 - Stop breast milk 3 hours prior to arrival for anesthesia
 - Stop clear liquids 2 hours prior to arrival for anesthesia

What is considered a clear liquid?

The following are considered clear liquids:

- Water
- Juicy Juice
- Jell-O (no fruit or whipped cream)
- Pedialyte
- Popsicle (no pulp)
- Hawaiian Punch
- Apple juice
- Kool-aid
- Gatorade