

Fasting before surgery

If you or your child is having a general anaesthetic, an epidural or a local anaesthetic, you or your child should have nothing to eat or drink beforehand ('nil by mouth'). This is to ensure the stomach is empty and to avoid the stomach contents getting into the lungs during the chosen anaesthesia. This could result in pneumonia, for example.

Please strictly follow the instructions below.

You or your child should not fast for any longer than the period prescribed.

Fasting schedule

At the Flevoziekenhuis, the following fasting schedule applies for patients on the day of the surgery:

- **Up to 6 hours before arriving** at the hospital: you may eat and drink whatever you like.
- **(Only for babies) Up to 4 hours before arriving** at the hospital your baby may have breast milk. For other milks, like soya milk or cow's milk, it is up to 6 hours.
- **Up to 2 hours before arriving** at the hospital, you may drink clear fluids such as:
 - water, coffee, tea (without milk/powdered milk; sugar is allowed),
 - lemonade, fizzy drinks (e.g. Cola or orangeade),
 - clear fruit drinks (e.g. apple juice).But:
 - no milk or milk powder,
 - no fruit juice with 'bits' or pulp (e.g. fresh orange juice),
 - no clear bouillon/broth (this contains fat droplets, which slow down stomach emptying).
- **Up to 1 hour before arriving** at the hospital:
 - if you are 18 years or older: you may take your medication with a sip of water as agreed with your anaesthesiologist or treatment specialist.
 - for children younger than 18 years old: they/you may take clear fluids until about 3 ml per kg.