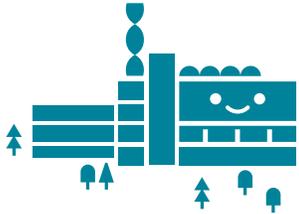


# Eating and Drinking Guidelines

## For Patients Coming For a Surgery or Procedure



Arrive at the hospital by...

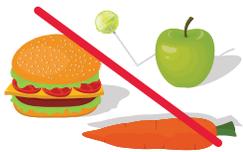
Arrival Time

Date

### We encourage your child to drink clear liquids up until your arrival time.

It is important to make sure your child is hydrated and has enough liquids in their body. This will keep them comfortable and help with their recovery after surgery. **Clear liquids include only water, Pedialyte, Gatorade, and clear apple juice. The apple juice cannot be cider or have pulp.** Have your child drink clear liquids up until the time they are scheduled to arrive at the hospital.

**Keep taking prescribed medicines** with a small sip of water unless the care team tells you to stop.



**STOP food and candy at . . . . .**  
Food includes anything that's **NOT**  
formula, milk, breast milk or clear liquids.

12 a.m. (Midnight)



**STOP formula and milk at . . . . .**

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**STOP breast milk at . . . . .**

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**STOP all clear liquids at . . . . .**  
Clear liquids include only water, Pedialyte,  
Gatorade, and clear apple juice. The apple  
juice **cannot** be cider or have pulp.

Arrival Time