

# Recommended fasting times for children

**Fasting Times** – specific drinks and foods cannot be consumed past these times unless otherwise specified by the anaesthetist

## Morning surgery/MRI under GA list – 8am Start (Admission time 7am)

On the day of surgery:

0 - 6 months

- 0400 - Breast milk and formula (4hrs)

6 months and older

- 0200 - Solids (including formula, breast, cow's milk and thickened fluid) (6hrs)
- 0600 - Clear fluids (water, clear apple juice) (2hrs)
- It is recommended that young children should be offered a 'dream feed' bottle of formula or breastmilk just prior to these fasting times to minimise hunger and dehydration in the morning.
- Older children should be offered a late supper the night before.

## Afternoon surgery – 1pm Start (Admission time 11am)

On the day of surgery:

0 - 6 months

- 0900 - Breast milk and formula (4hrs)

6 months and older

- 0700 - Solids (including formula, breast, cow's milk and thickened fluid) (6hrs)
- 1100 - Clear fluids (water, clear apple juice) (2hrs)
- Children should be woken for an early breakfast, milk or formula before 7am. If your child is a late sleeper or difficult to feed early in the morning please offer a drink of milk or formula before retiring for the night

All fasting times may change at the discretion of the anaesthetist.

You will be notified of approximate time of surgery for your child when you arrive on the ward – depending on the time, your child may be offered extra clear fluids when they arrive by the nurse.

## For more information

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This document has been reviewed and endorsed by consumers.