

# **General Anesthetic Preoperative Reminders**

## **FOOD AND DRINK**

It is most important that your child have an empty stomach when given an anesthetic. This will reduce the danger of vomiting and inhaling stomach contents into the lungs while asleep.

**You must follow these instructions or your child's procedure may be cancelled to ensure his/her safety.**

### **For In Office Surgery**

Please arrive 30 minutes prior to your appointment time.

### **For Hospital Surgery**

If your child is scheduled to arrive at the hospital **before noon** he/she should have nothing to eat or drink after midnight the day before.

If your child is scheduled to arrive **after noon** he/she may have a light breakfast **before 6am** and clear liquids (water, apple juice, kool-aid, 7-up) **up to 3 hours** before arrival and then **nothing** to eat or drink before the procedure.

## **MEDICATIONS**

Some medicines should be taken and others should not. It is important to discuss this with your physician during his/her physical prior to the appointment. Do not interrupt medications unless it is recommended that you do. Medicines, if they are taken, should be taken with a small sip of water.

## **DRESS/CLOTHING**

Your child should wear loose-fitting clothes with short sleeves that are easy to remove and put back on. Old clothes are preferable as they may get stained with blood or other fluids during the procedure and recovery. It is always a good idea to bring an extra change of clothing for your child, as it is possible they may have an accident. If your child wears diapers or pull-ups make sure they are fresh and that you bring some extra on the day of the procedure.

## **RECOVERY AT HOME**

Your child may be drowsy at home. Try to keep him/her awake for at least 2 hours after arrival home so that the residual effects of the anesthesia will wear off more quickly. Pay particular attention to their breathing. Make sure if they fall asleep that their head is tilted back so that his/her airway will not be obstructed.

Keep your child in sight. Do not let him/her wander off outside to play by themselves until the day after the surgery. It is helpful to progress slowly to a regular diet. Start by giving liquids such as water or carbonated soft drinks.