

Nothing by mouth (NPO) or tube Instructions



For your child's safety, it is very important that these instructions are followed **the night before and the day of a procedure or surgery.**

The procedure or surgery may be cancelled if instructions are not followed.

Your procedure is scheduled for _____ (date) _____ (time)

Your child's instructions for getting liquids and food are based on when they will get to the hospital which is _____ (time)

Last usual or full meal _____ (time)

No milk, formula or breast milk with additives after _____ (time)

No breast milk after _____ (time)

No clear liquids after _____ (time)

The times may need to be changed if unexpected schedule changes are needed.

****Please fill in the blanks after times are provided to you by the Pre-op Call Nurse.**

Type of liquid or food allowed

Definition

Usual / full meal	Any food and all juices are fine.
Formula / milk	Cow's milk, soy milk, infant or adult formulas; expressed breast milk with additives.
Breast milk	Breast milk, without additives.
Clear liquids	Enfalyte® / Pedialyte®, apple juice, white grape juice, Jell-O®, popsicles, only apple juice or white grape juice, water. No red or purple liquids

These instructions are based on the following NPO guidelines.

Type of Feeding	Number of hours to stop liquids and meals before scheduled arrival to the hospital
Usual, full meal (by mouth)	8 hours
Formula, Milk or breast milk with additives (by mouth or NG/G-tube)	6 hours
Breast Milk (by mouth or NG/G-tube)	4 hours
Clear Liquids (by mouth or NG/G-tube)	2 hours
Any J-tube Feeds	2 hours

Special Information

- If your child has a condition like glycogen storage disease or diabetes, and can't be without food or liquids for a long time, your doctor will talk with your child's specialty doctor about a plan.
- If your child is in the hospital on the day of surgery or procedure, the time to stop liquids and meals may be changed.
- For your child's comfort and safety, we would like you to offer your child liquids up until their NPO time.
- For your child's comfort, do not eat or drink in front of your child while they are not able to eat or drink before or after surgery or procedure.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse or clinic if you or your child have any concerns or your child has special health care needs not covered by this information.

This document was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.