

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, or pureed blend	Any food and all juices are fine. Pureed food blend, like Kate Farms®, are a solid food.
<ul style="list-style-type: none"> Formula or milk Other clear liquids that have a high fat or protein content 	<ul style="list-style-type: none"> Cow's milk, soy milk, infant or adult formulas; expressed breast milk with additives. Clear items that are clear with a high fat or protein content (broth, Enusure Clear, Nutren) are formulas.
Breast milk	Breast milk, without additives.
Clear liquids	<ul style="list-style-type: none"> Enfalyte® / Pedialyte®, apple juice, white grape juice, Jell-O®, Popsicles, only apple juice or white grape juice water. <p>No red or purple liquids</p>

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), or pureed blend (by mouth, NG or G-tube)	8 hours
Formula or milk, breast milk with additives, other clear liquids that have a high fat or protein content (by mouth, NG or 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.