

NPO with Medication www.stanfordchildrens.org/en/child-visit/npo-guidelines

Our general NPO (no eating or drinking) instructions are listed below. These are enforced to keep your child as safe as possible. If these guidelines are not followed, your child's procedure or surgery may be delayed or cancelled. A small number of children will receive special guidelines that differ from these. Follow the instructions given by your anesthesia provider.

Clear liquids include only water, clear apple juice (no pulp, no apple cider), pedialyte, and Gatorade.

TIME
**12:00 AM
MIDNIGHT**



NIGHT BEFORE SURGERY

STOP all food and candy



TIME

**6
HOURS**

BEFORE ARRIVAL TIME

STOP formula and milk



TIME

**4
HOURS**

STOP breast milk



TIME

**2
HOURS**

STOP all clear liquids



ARRIVAL TIME



Arrival

Day _____

Date _____

Medications

STOP the following medications the night before your procedure:

STOP the following medications the morning of your procedure: