



## Eating and Drinking Guidelines for Pediatric Sedation

Our goal is to provide excellent care to your child during their sedation . It is very important that your child have an empty stomach when they are sedated.

**These are the eating and drinking rules that your child must follow the day they are having their sedation.**

<b>8</b> Hours before you arrive for appointment	Stop all food and milk (except formula and breast milk). May continue to give clear liquids.
<b>6</b> Hours before you arrive for appointment	Stop all formula. May continue to give breast milk and clear liquids.
<b>4</b> Hours before you arrive for appointment	Stop breast milk. May continue to give clear liquids.
<b>2</b> Hours before you arrive for appointment	Stop EVERYTHING.

\*Clear liquids are liquids that you can see through such as water, apple juice, Pedialite, and Gatorade.