



Keeping our mob healthy

Parents and carers

## Empty tummy - fasting instructions for bubs over 12 months

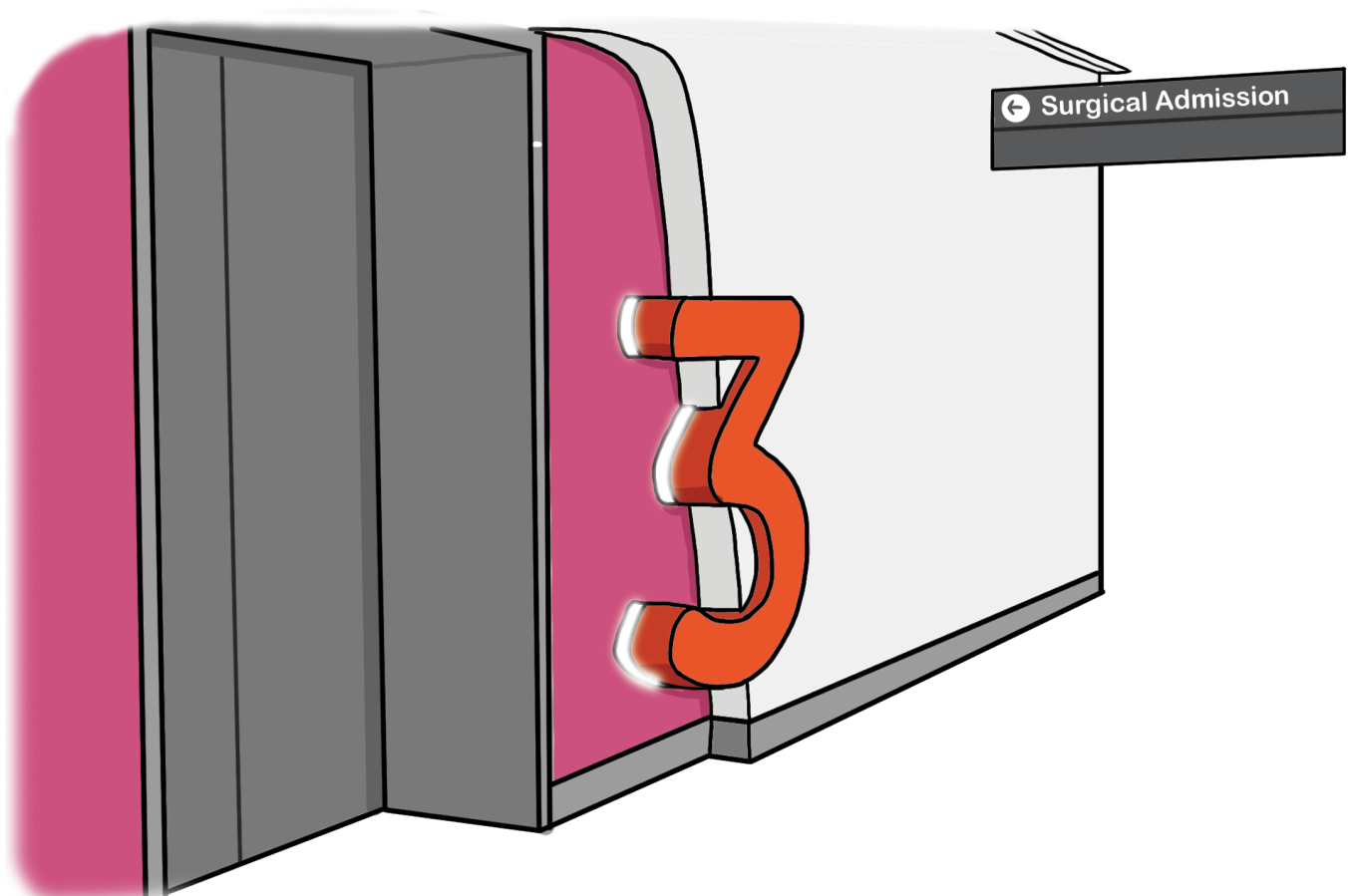
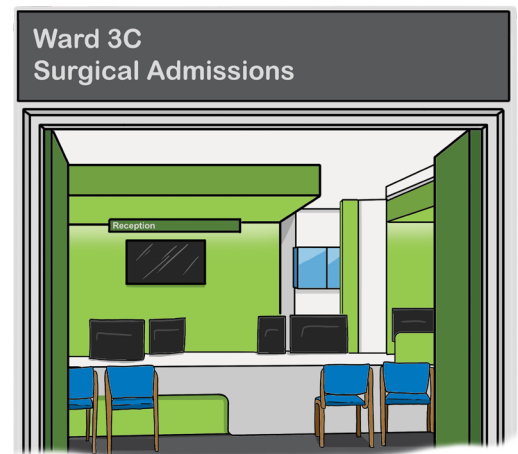
Bub needs a procedure at Perth Children's Hospital.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

- Times can change if another bub needs urgent surgery.
- The nurses will try to let you know about any time changes.
- Your bub's procedure may need to be re-booked.

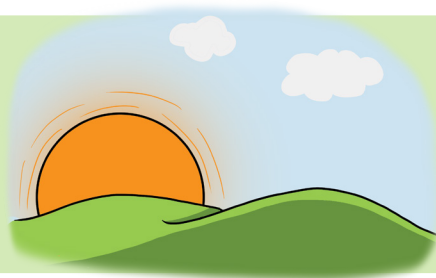
Please go to Surgical Admissions on Ward 3C.  
Use the pink lifts to get to Level 3.



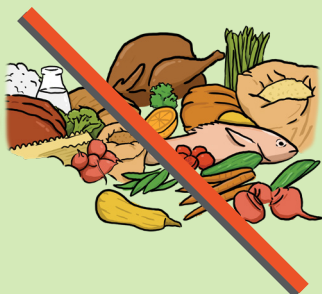
Bub needs to have an empty tummy for their appointment. If they cry or are hungry don't give them any food or drinks.

Bub's surgery will need to be cancelled if they eat or drink anything because they may vomit during the procedure. This is dangerous for bub.

### Fasting instructions for morning procedure:



**After 2 am - no food or milk** (including breastmilk, formula, lollies and chewing gum)



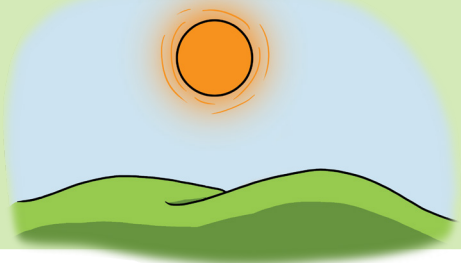
**From 2 am to 7 am - only drink water**



**After 7 am - nothing at all.** Wake bub up **before 7am** so they can have a drink of water.



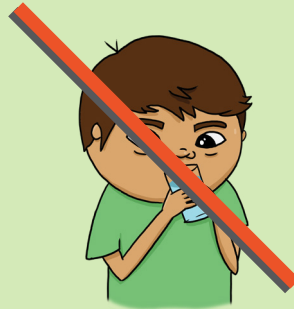
## Fasting instructions for afternoon procedure:



**After 7 am - no food or milk** (including breast milk, lollies and chewing gum). You can wake bub up **before 7am** and give them breakfast.



**From 7am till 12pm** - only drink water



**After 12 pm - nothing at all**



Government of **Western Australia**  
Child and Adolescent Health Service

### Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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This document can be made available in alternative formats on request for a person with a disability.

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