

Janeway Dental Clinic's Fasting Guidelines

Instructions for Eating and Drinking Before Anesthesia or Sedation

Fasting Instructions for Morning Patients

STOP solid food at Midnight before scheduled morning surgery

- Solid food includes liquids with solid in it (such as orange juice, soup, milk and yogurt)

MAY HAVE clear fluids up until 6 a.m. (this includes apple juice, water or clear Gatorade (not red))

- No chewing gum, candy or brushing teeth after midnight

Fasting Instructions for Afternoon Patients

STOP solid food at 6 a.m. before scheduled afternoon surgery

MAY HAVE clear fluids up until 10 a.m. (this includes apple juice, water or clear Gatorade (not red))

- Patients having afternoon surgery may have a light breakfast to be finished by 6 a.m.
- An example of a light breakfast includes a plain piece of toast
- No chewing gum, candy or brushing teeth after 6 a.m.

Infants less than 3 months

FOOD & DRINK ALLOWED

Clear Liquids

Breast Milk

Formula

DURATION OF FASTING

2 hours

4 hours

6 hours

Any food or liquid in your child's stomach while going to sleep under anesthesia can flow up to the mouth and pass down into the lungs. This is VERY DANGEROUS for your child.

If these rules are not followed your child's procedure may be cancelled.