

Gupta ENT Center
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***Pre-Op Procedures at William Beaumont Hospital
Food Guidelines***

Children newborn – 2 years old:

1. No solid Food after Midnight on day of surgery
2. No Formula
3. No Breast Milk
4. May have Pedialyte up to four (4) hours before surgery

Children 2- 11 years old:

1. No solid food after midnight on day of surgery
2. May have water or Gatorade up to four (4) hours before surgery

Children 12 – Adult:

1. No solid food after midnight on day of surgery. (No gum or candy)
2. May have water up to six hours before surgery

Guidelines for Medication

1. If the patient is taking medicine by mouth for a medical condition during the period when no food or drink is allowed before surgery, the medicine should be given at the time (no more than 2 teaspoons) with a sip of water.
2. No medicine containing antihistamines, aspirin or ibuprofen (Pediaprofen) should be given two (2) weeks prior to surgery or two (2) weeks after surgery because of a slight increased risk of postoperative bleeding. (Does not apply when the only procedure is placement of ear tubes)