



SAINT JAMES
HOSPITAL

Preparing your child for Surgery – Fasting

If your child is scheduled to have surgery, they will need to fast (not have anything to eat or drink) for a number of hours before their procedure.

Fasting before surgery is important because your child's stomach needs to be empty for the general anaesthesia medicines to be safe.

If you do not follow all instructions given to you, your child's surgery may be delayed or rescheduled for another date.

Please consider the below depending on what your child is currently eating / drinking:

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| Up to 6 hours before anaesthesia (time of operation) | All solids. |
| Up to 4 hours before anaesthesia (time of operation) | Formula milk, non-human milk. |
| Up to 3 hours before anaesthesia (time of operation) | Breast milk |
| Up to 1 hour before anaesthesia (time of operation) | Clear fluids, e.g. Water with or without sugar, pulp-free juice and milk-free tea |

NB:

Remember that clear liquids are **see-through** when held to the light. They include sugar-based drinks and clear juices/squash (e.g. apple or blackcurrant juice/squash, but **NOT** orange juice). This does **NOT** include liquids with particles in them, milk-based products or jelly.

Breastmilk is not considered a clear liquid as it forms a curd which is semi-solid when it is in the stomach.

Solid food offered at the above times should only consist of **light breakfast type** food, consisting of cereal with milk or a tea/milk with biscuits or toast with jam and/or butter. Fatty food should be avoided (e.g. French fries, burgers, pastries).



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Thejija għat-tifel/tifla tiegħek għall-Proċedura – Sawm

Jekk it-tifel/tifla tiegħek huwa skedat li jagħmel proċedura, iridu jsumu (ma jkollhomx x'jieklu jew jixorbu) għal numru ta' sigħat qabel il-proċedura tagħhom.

Is-sawm qabel l-operazzjoni huwa importanti għaliex l-istonku tat-tifel/tifla tiegħek jeħtieġ li jkun vojta biex il-medicini tal-anestesija ġenerali jkunu jistgħu jaħdmu kif suppost.

Jekk ma ssegwix l-istruzzjonijiet kollha mogħtija lilek, l-operazzjoni tat-tifel/tifla tiegħek tista' tiġi ttardjata jew skedata mill-ġdid għal data oħra.

Jekk jogħġbok ikkunsidra dan ta' hawn taħt skont x'qed jiekol/tixrob it-tifel/tifla tiegħek bħalissa:

| | |
|--|---|
| Sa 6 sigħat qabel l-anestesija (hin tal-operazzjoni) | Ikel solidu. |
| Sa 4 sigħat qabel l-anestesija (hin tal-operazzjoni) | Formula tal-ħalib jew kwalunkwe ħalib minbarra ħalib tas-sider |
| Sa 3 sigħat qabel l-anestesija (hin tal-operazzjoni) | Ħalib tas-sider |
| Sa siegħa (1) qabel l-anestesija (hin tal-operazzjoni) | Likwidi ċari, eż. Ilma biz-zokkor jew mingħajru, meraq mingħajr biċċiet u te mingħajr ħalib |

NB:

Ftakar li likwidi ċari huma trasparenti meta jinżammu għad-dawl. Dawn jinkludu xorb li fih iz-zokkor u meraq / "squash" ċar (eż. meraq tat-tuffieħ, iżda **MHUX** meraq tal-laring). Dan **MHUX** jinkludi likwidi b' biċċiet fihom, prodotti li fihom il-ħalib jew "jelly".

Il-ħalib tas-sider mhuwex meqjus bħala likwidu ċar.

Ikel solidu offrut fil-ħinijiet ta' hawn fuq għandu jikkonsisti biss f'ikel ħafif tat-tip, li jikkonsisti f'ċereali bil-ħalib jew tèt/ħalib bil-gallettini jew toast bil-ġamm u/jew il-butir. Ikel xaħmi għandu jiġi evitat (eż. Fries, burgers, pasti).