



PREOPERATIVE INSTRUCTIONS FOR PARENTS OF PEDIATRIC PATIENTS

CHILDREN UNDER ONE:

- a) Your child **MAY HAVE** a full feed/breast milk/formula up to six hours prior to arrival at the facility.
- b) Clear fluids (water/apple juice) **ARE ALLOWED** up to two hours prior to arrival at the facility.

CHILDREN AGES 1 TO 10 YEARS:

- a) Your child should have a snack before bedtime.
- b) No milk/formula/foods/candy or gum after midnight.
- c) Clear liquids (water/apple juice) **ARE ALLOWED** up to two hours prior to arrival at the facility.

CHILDREN OF ALL AGES:

- a) We need to stress what are clear liquids. This is a liquid which we can see through. It contains no particles. A glucose-containing liquid is preferable (i.e., apple juice, etc.).
- b) **DO NOT TAKE** any aspirin or aspirin-containing products or non-steroidal anti-inflammatory drugs such as Advil, Motrin, Aleve, ibuprofen, Naprosyn, or Pepto-Bismol from two weeks prior to surgery until one month after surgery. **DO NOT TAKE ANY VITAMIN E** (or multivitamins containing vitamin E), garlic, ginger, ginkgo biloba, or Alka-Seltzer prior to surgery (this does not apply to children scheduled only for bilateral myringotomy and tubes).
- c) If you are scheduled for surgery early enough, you may want to bring your child dressed in his/her pajamas, as he/she will get changed again at the Surgical Center.
- d) You may bring any items (blanket, stuffed animal, cup/bottle) that is familiar or comforting to your child.
- e) If you have any questions or concerns, please do not hesitate to contact us at the office at 203-452-7081.

Please note: A nurse from the Surgical Center will call you the day before your procedure to go over instructions, time of arrival, and any questions you may have.