



VALLEY ENT

Surgery Fasting Guidelines



CLEAR LIQUIDS

Water
Gatorade
Pedialyte



FORMULA & BREAST MILK



SOLID FOODS

Limit to bland
non-fatty foods the
day of surgery

**INFANTS
(0-6 MONTHS)**



3 hours
prior to scheduled
arrival time at the
surgical facility

Formula:



6 hours prior to surgery

Breast milk:



4 hours prior to surgery

Not
Applicable

**6 MONTHS
TO 3 YEARS**



3 hours
prior to scheduled
arrival time at the
surgical facility

Formula:



6 hours prior to surgery

Breast milk:



4 hours prior to surgery

STOP
8 hours
prior to surgery

**3 YEARS
TO ADULT**



3 hours
prior to scheduled
arrival time at the
surgical facility

Not
Applicable

STOP
8 hours
prior to surgery