

## Fasting Instruction before Anaesthesia & Sedation

*Your child will need to skip one meal before anaesthesia and sedation*

For children under 6 months: please finish feeding milk and food 4 hours before procedure.  
For children aged 6 months or above: please finish eating 6 hours before procedure.

For children of all age groups: can be given clear fluid up to 1 hour before procedure.  
(Clear fluid: any non-fizzy liquid that you can see through with no residue. This includes water, clear apple juice, cordial or energy drink. Milk products, soup, tea or coffee are NOT included.)

If your child has special metabolic or feeding needs, please refer to the specific instructions from your anaesthetist.

