

## **Eating and drinking instructions before coming to St. John's Children's Hospital**

**Eight hours before procedure:** Stop all solid foods, candy, gum, greasy, oily, buttery, creamy foods, beef, chicken, pork and fish. This also includes fast food.

**Six hours before procedure:** Stop milk products, formula, orange juice and juices containing pulp.

**Four hours before procedure:** Stop breastfeeding (breast milk).

**Three hours before procedure:** Stop all clear liquids. Clear liquids include: water, Kool-Aid®, apple juice, Popsicles®, Jell-O®, Pedialyte® and Infalite®.

***NOT CONSIDERED CLEAR LIQUIDS: Formula, breast milk, orange juice and juices containing pulp.***

**It also is important to:**

- Take any medications, including antibiotics, as directed.
- Bring guardianship documents for the child to the hospital.

**Questions?**

Call (217) 757-6122 between 7 am - 3 pm. After 3 pm call (217) 544-6464, ext. 51423 and ask for the Pediatric Charge Nurse.