

Information for patients, families and carers

Paediatric Gastroscopy Fasting Instructions

Who is this information for?

This information is for patients and families attending Monash Health Endoscopy Services

What is fasting?

Fasting before surgery is important to lessen the risks of anaesthetic medicine. The anaesthetic medicine relaxes the body and its muscles (including muscles around where food goes into the stomach). If there is food or drink in your child's stomach, then the relaxed muscles mean it could regurgitate back up and enter their trachea (breathing tube) and lungs. This is called 'aspiration' and can make your child very sick.

Morning Procedures

Children 6 months of age and under:

Breast feed or formula to be completed by 4.00am

Clear, non-fizzy fluids may be given to your child up until 6.00am

Children over 6 months of age:

No milk or food after 2.00am

Clear, non-fizzy fluids can be given to your child up to 6.00am

Afternoon Procedures

Children 6 months of age and under:

Breast feed or formula to be completed by 9.00am

Clear, non-fizzy fluids may be given to your child up until 11.00am

Children over 6 months of age:

No milk or food after 7.00am

Clear, non-fizzy fluids can be given to your child up to 11.00am

What are clear fluids?

Clear fluids are those fluids which, when held to the light, are transparent and do not contain any undissolved or solid food. They include water, clear glucose-based drinks, clear cordials and clear juices.

They do not include particulate (e.g. juice containing fruit pulp), milk-based products, jelly or thickened fluids.

For additional assistance regarding these fasting instructions



Endoscopy Liaison Nurses

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