



# Children's Hospital

HSHS St. John's

## Before coming to HSHS St. John's Children's Hospital

If your child is vomiting or has a cough, fever or flu symptoms the day before or the day of the scheduled procedure, please call your physician. Your child's procedure may need to be rescheduled.

Patients, along with their parents or legal guardians, must report one hour before their scheduled procedure. Failure to do so may result in delays or the need to reschedule.

It is important to follow the eating and drinking instructions below. These are general guidelines which may need to be adjusted for safety reasons. If you choose not to follow these instructions, your child's diagnostic testing, sedation and/or procedure may be delayed or cancelled. Please follow any additional specific instructions given by members of our sedation or anesthesia teams.

- **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.
- **Two hours before procedure:** Stop all clear liquids. Clear liquids include: water, Kool-Aid®, apple juice, Popsicles®, Jell-O®, Pedialyte® and Infalite®. **Formula, breast milk, orange juice and juices containing pulp are not considered clear liquids.**

### 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 from 7 a.m. - 3 p.m. After hours, call (217) 544-6464, ext. 51423, and ask for the Pediatric Charge Nurse.