

# Don't You Dare Eat That! (NPO Instructions)

So the surgery's tomorrow?

Yeah. Stupid tonsils. The worst part is I can't eat or drink before the surgery. It's so unfair.

That's what Goldilocks thought...

Don't you dare!! You have surgery tomorrow, young lady!

Yeah but...

Yeah but nothing. You can't have anything to eat!

I'm nervous about my surgery, and nervousness makes me hungry. I don't understand why I can't eat. It's not fair!

Eating before surgery can be dangerous.

Dangerous? How?

If you get sick to your stomach you could aspirate, which means you could breathe food into your lungs. That would make you really sick, because your lungs are made for air, not food.

Ugh...so does that mean I can't have anything?

Well, here are the rules: No solid food after midnight, like porridge, or even candy or gum. No soda either, or milk. Only clear liquids....like water, or apple juice, or Pedialyte.

What's Pedialyte?

Special water for kids. It's water but full of good stuff.

Then two hours before surgery I have to stop drinking even water or clear liquids?

Right. But you're a big kid, you can do this. I don't want you to make a mistake like I did with Baby Bear when he had surgery.

You made a mistake?

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Yes. Babies can't have any formula, regular or thickened with rice, after midnight. And they can only breastfeed up to four hours before.

He was crying hysterically. I felt so bad for him. And even though I knew I shouldn't, I gave in.

They had to cancel his surgery. And we had to do it all again the next week. So instead of one night of crying...

...and starving...

You have two. That's not smart.

Okay. I guess I can hold off.

I promise I'll make you a huge bowl of porridge after it's all over.

You mean the kind that's juuuuuuuust right?!

I sure do, sweetie...only, next time, please use the front door!

I don't want my surgery cancelled. I'll do what the doctor says.

Everything is written down here, so you won't forget. There are rules that don't apply to you.

Like what?

Like rules for children on a G-tube and rules for babies.

That's a lot of rules. The ones about babies younger than or older than 12 months are kind of tricky. For children who are under AND over 12 months old clear liquids need to stop two hours before their surgery. Also kids of any age must not eat ANY solids after midnight.

Babies under a year old can feed regular breast milk up to 4 hours before their surgery. Formula, fortified breast milk, or G-tube feedings must stop 6 hours before.

Children who are past their first birthday must stop breast milk and milk products at midnight before surgery.

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G-tube feedings have to stop at midnight for kids over 12 months old, too.

Like I said, kind of tricky.

All to keep you healthy, and the surgery as safe as possible.

Well, I want that. Now I can get back to what I was doing.

What's that?

Fantasizing about all the ice cream I'm eating when my tonsils are out!