



**University
Hospitals Sussex**
NHS Foundation Trust

What can my child eat and drink before their MRI scan if they need an anaesthetic? (fasting advice)

St Richard's Hospital

Patient information

Why have I been given this information?

You have been given this information because your child is due to have an MRI scan. They need to have an anaesthetic which is a medication to make them feel calm, relaxed, or sleepy before their scan.

So that it is safe for them to have their scan under anaesthetic they must restrict what they eat and drink beforehand. This is called 'fasting'.

Why is pre-op fasting important?

Fasting is important because:

- it helps to stop food from the stomach coming up the 'food pipe' (oesophagus) and getting into the lungs (aspiration). This can be very dangerous.
- anaesthetic and sedative medications can make people feel or be sick (feel nauseous or vomit). Fasting helps to avoid this.

What do I need to know about the fasting advice?

Do not

X let your child fast more or for longer than is advised in the table below. Try to make sure they follow the advice in the table.

Do

✓ follow any specific advice about your child's fasting that their doctor or surgeon has given you. It may be different to the advice in the table, but you should still follow it.

What can my child have to eat and drink during their fasting period before their scan?

Please follow the instructions in the table below.

Be aware

it is better for your child to have sugary clear fluids (drinks) rather than water.

	If your child has been asked to arrive at hospital at 7.30am for their scan:	If your child has been asked to arrive at hospital at 12.30pm for their scan:
Solid food, including formula milk and tube feeds	Not after 2.30am	Not after 7.30am
Breast milk	Not after 4.30am (feed to be finished by this time)	Not after 9.30am (feed to be finished by this time)
Clear fluids (see table on the next page)	Not after 7.30am. Encourage your child to drink plenty until this time.	Not after 12:30pm. Encourage your child to drink plenty until this time.

Clear fluid guidance

Allowed	Not allowed
Water	Milk
Flavoured water (not fizzy water)	Fruit juices with 'bits' in them such as orange juice, cloudy apple juice
Fruit squash. Follow the instructions for how much water to add (dilution) on the bottle (regardless of sugar content)	All carbonated ('fizzy') drinks (including fizzy water)
Apple or cranberry juice. Dilute with water if preferred.	Smoothies
Pre-mixed squash drinks such as Ribena, Fruit Shoot, or Oasis	Hot chocolate (even if made with water rather than milk).
Non-fizzy 'sports' drinks such as Lucozade Sport or Poweraid	

Who should I contact if I have any questions about this information and advice?

Please contact Howard Ward (the children's ward)

Phone: [01243 831444](tel:01243831444) (direct line). The paediatric nurses will be able to help you with any queries about fasting.

This leaflet is intended for patients receiving care in St Richard's.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.