

# Anesthesia and Your Child:

## What to Expect

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General anesthesia provides complete absence of pain and total loss of consciousness during surgery. Your child will sleep through his or her procedure and wake up with no memory of what has happened. Our anesthesia team is very skilled in safely administering anesthesia medications to children of all ages. The anesthesiologist who participates in your child's surgery will be present throughout the procedure to monitor and ensure your child's safety.

### How anesthesia is given

Anesthesia may be administered in different ways. Sometimes it is given as a gas through a breathing mask. This method allows the child to breathe anesthesia medicines until he or she falls asleep. Other times, anesthesia is given directly into the bloodstream through an IV. Sometimes both a breathing mask and IV are used.

Your anesthesiologist will talk with you about the best method for your child. The anesthesiologist will try to contact you the evening before your child's procedure. Please make sure we have the best phone number to reach you at that time, and make a note in your calendar so you'll be available to talk with the anesthesiologist.

### Food and drink before surgery

For your child's safety, it is very important that you follow the feeding instructions below. If they are not followed, we may need to postpone or cancel your child's procedure.

#### For all children under 18 years of age::

- Stop solid foods and milk 8 hours prior to arrival time. Examples of prohibited food include:
  - Juice you cannot clearly see through, such as orange, mango or guava
  - Milk and milk products
  - Hot and cold cereals
  - Pudding
  - Chewing gum
  - Candy
- Stop all infant formula 6 hours prior to arrival time.
- Stop all breast milk 4 hours prior to arrival time.
- Stop all clear liquids 2 hours prior to arrival time. See section on clear liquids, on back

## Clear liquids

Clear liquids that are permitted until two hours before arrival at the hospital include:

- Clear apple juice
- Clear Jell-O
- Pedialyte
- Gatorade
- Kool-Aid
- Water
- Soda

If you have any questions about the feeding/drinking instructions, about anesthesia or about your child's upcoming procedure, please call us at 503-216-5437.

It is our privilege to care for you and your child.

### OUR MISSION

As people of Providence,  
we reveal God's love for all,  
especially the poor and vulnerable,  
through our compassionate service.

### OUR CORE VALUES

Respect, Compassion, Justice,  
Excellence, Stewardship

[www.providence.org/children](http://www.providence.org/children)

