

## Preoperative Guidelines & Timeline

### Section 1: The Countdown (Fasting Rules)

- **6 Hours Before:** No more milk or solid food.
- **4 Hours Before:** No more breast milk.
- **2 Hours Before:** No more clear liquids (water/apple juice).

### Section 2: Hospital Arrival

- **Arrival Time:** At least 90 minutes (1.5 hours) before the scheduled surgery.
- **Location:** Report to Hospital Reception / Pre-admission Office.

### Section 3: Essential Checklist

- Photo ID
- Medical Aid Card
- Chronic Medication instructions (confirmed with Dr. D'hondt)

**Important Safety Note:** If starvation guidelines were not followed, or if the child has a fever or infection, contact Dr. D'hondt's rooms immediately.