

Don't forget: Check this list before your or your child's surgery or procedure!

**How to prepare yourself or your child/teen before surgery or a procedure:**



**Bring a written list of all medications**, including over-the-counter medications. You can bring pharmacy receipts, photos of bottles or a printout from the doctor's office.



**Have you or your child wear eyeglasses** on the day of the surgery/procedure. **Contact lenses aren't allowed.**



Have transportation arrangements made for when you or your child leaves the hospital. **We don't recommend taking public transportation.**



**Remove all make-up and nail polish** from yourself or your child.



**Remove all jewelry**, including body piercings, from yourself or your child.



Bathe or shower the night before or the morning of surgery. **Don't use lotion, deodorant or oils afterward.**

**On the day of the surgery or procedure:**

- **We do not advise bringing siblings** to the hospital on the day of the surgery/procedure.
- **Consents for the surgery/procedure must be signed** by the parent or legal guardian if a child or teen is under age 18.
- A **urine (pee) sample** is taken from female patients over age 12. Female patients under age 12 who have had a period also need to give a urine sample. The sample is used for a pregnancy test.

**Contact us**



**Perioperative Care Coordination Clinic, Boston Campus**

(617) 355-3765

*Arrive 1.5 hours before the procedure*

**Day Surgery, Boston Campus**

(617) 355-7921

*Arrive 1.5 hours before the procedure*

**Surgical Center, Waltham Campus**

(781) 216-1285

*Arrive 1.5 hours before the procedure*

**Surgical Center, Needham Campus**

(781) 216-0540

*Arrive 1 hour before the procedure*

**Gastroenterology Procedure Unit (GPU), Boston Campus**

(617) 355-6172

**Interventional Radiology, Boston Campus**

7:30am–4:30pm: (617) 355-6579

*Arrive 1.5 hours before the procedure*

**Radiology (MRI, CT, and Nuclear Medicine)**

8am–6pm: (617) 919-7226

**Cardiac Pre-Op Clinic, Boston Campus**

8:30am–4pm: (617) 355-6095

4:30pm–7:30pm: (617) 355-0030

After 7:30pm: (617) 355-6363 and ask for cardiac fellow to be paged

**Cardiac MRI, Boston Campus**

8am–4pm: (617) 355-6024

4pm–7:30pm: (617) 355-0032

After 7:30pm: (617) 355-6363 and ask for cardiac fellow to be paged

# Your Guide to Eating and Drinking Before a Surgery or Procedure

## NPO Guidelines



**Boston Children's Hospital**

Where the world comes for answers

(617) 355-6000  
(617) 730-0152 (TTY)  
[www.childrenshospital.org](http://www.childrenshospital.org)

