

Fasting for Children having Radiation Treatments

If your child will need a sedative to help them relax or stay still during their treatment, we recommend that the child fast. Fasting means to avoid having food or liquid for a certain time before the treatment.

Use this chart to know what the child should avoid at what times before their treatments.

Your child needs to AVOID	How long before treatment?
Regular, solid foods	8 hours or after midnight
Formula, non-human milk, or tube feeds	6 hours
Breast milk	4 hours
Clear liquids or any liquids you can see through. Stop all medications including those prescribed by your child's health care team.	2 hours
Avoid any food or liquids two hours before the treatment.	Less than 2 hours

If you have any doubt about a certain food or drink, it is better to avoid it.

Talk with your radiation nurse with questions about taking morning medicines.

For questions about your child's radiation treatment, contact your nurse at: _____