

KAPC Practice Guideline

Title: **Perioperative Fasting Guidelines**
for patients of all ages undergoing elective procedures

Date Approved: 5/2/16

Definitions:

Clear liquids - water, fruit juices you can see through (without pulp), carbonated beverages, clear tea, and black coffee, but not alcohol

Light meal – clear liquids and bread or toast without butter, margarine, or other fatty topping

Policy Overview: NPO guidelines are intended to reduce the risk of pulmonary aspiration of gastric contents in the perioperative period. This policy applies to patients receiving general anesthesia, regional or neuraxial anesthesia, and sedation. Individual locations may adopt stricter NPO rules in order to allow flexibility in scheduling. Also, the details of a specific clinical situation may on occasion lead a prudent physician to deviate from these guidelines.

Policy Steps:

1. General: healthy patients

Ingested Materials	Minimum Fasting Period Prior to Induction of Anesthesia
Clear Liquids	2 hr
Breast milk	4 hr
Infant formula	6 hr
Non-human milk	6 hr
Light meal (toast and clear liquids)	6 hr

Patients scheduled for morning cases may have clear liquids up to 2 hours prior to the scheduled surgery time.

Patients scheduled for afternoon cases may have a light meal up to 6 hours prior to the scheduled surgery time.

2. Stricter fasting periods may need to be followed for women in labor or patients with coexisting diseases or conditions that might affect gastric emptying or fluid volume (e.g.: pregnancy, obesity, diabetes, hiatal hernia, gastroesophageal reflux disease, ileus or bowel obstruction). In these cases, the traditional “NPO after midnight” policy should be followed if possible.

Reference:

Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration: Application to Healthy Patients Undergoing Elective Procedures. An Updated Report by the American Society of Anesthesiologists Committee on Standards and Practice Parameters. *Anesthesiology*. 2011; 114:495–511.