Preoperative Fasting for Healthy Patients Undergoing Elective Procedures

Anesthesia Protocol
University of Washington Medical Center
Department of Anesthesiology

Protocol

Intended Population

All patients undergoing anesthesia care for elective procedures.

Note: Anesthesia care is defined as general anesthesia, regional anesthesia, monitored anesthesia care, and sedation/analgesia.

Recommendations

1) All patients should fast from solids after midnight the night before surgery.

2) Main OR and Pavilion patients: NPO clear liquids up to 2 hours prior to arrival. Roosevelt patients: NPO clear liquids up to 6 hours prior to arrival.

3) Neonates and infants receiving breast milk should fast for four hours. Neonates and infants receiving infant formula should fast for six hours.

Clear Liquids

- Any liquid that you can see through. Water, fruit juice without pulp, black coffee, clear tea, and soda. These liquids should not include alcohol.

- Does NOT include any liquid you cannot see through. Does NOT include coffee with cream, lattés, milk, orange juice or alcohol.

Exclusions

The following patients should fast from solids and liquids after midnight the night before surgery.

- Pregnancy
- Obesity
- Diabetes
- Hiatal Hernia
- GERD
- Ileus / Bowel Obstruction
- Tube feeding
NPO Guidelines Summary

<table>
<thead>
<tr>
<th>Condition</th>
<th>Criteria</th>
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</thead>
<tbody>
<tr>
<td>No solid food after midnight</td>
<td>All patients</td>
</tr>
<tr>
<td>No liquids after midnight</td>
<td>Pregnant, obese, Diabetic, Hiatal hemia, GERD, Bowel obstruction, Tube feeding</td>
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<tr>
<td>Clear liquids</td>
<td>Any liquid you can see through</td>
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<tr>
<td></td>
<td>Water, Fruit juice without pulp, Black coffee, Clear tea, Soda, Gatorade</td>
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<tr>
<td>NOT OK</td>
<td>Coffee with milk, Lattés, Orange Juice, Alcohol</td>
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<tr>
<td>Breast Milk</td>
<td>NPO for 4 hours preoperatively Infants and Neonates</td>
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<tr>
<td>Infant Formula</td>
<td>NPO 6 hours preop Infants and Neonates</td>
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</tbody>
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Summary Statement

We use the ASA Guidelines when deciding to proceed with or delay a case for NPO status. That is, for elective and semi-elective cases:

- NPO clear liquids 2 hours prior to anesthesia induction
- NPO light solids 6 hours prior to anesthesia induction
- NPO greasy solids / full meal 8 hours prior to anesthesia induction

Exception is for patients with delayed gastric emptying.