

Guidelines for Pre-Operative Fasting

All patients presenting for elective and urgent¹ surgery have to stop solid and liquid oral intake according to the following:

	Elective	AM lists	PM lists
<ul style="list-style-type: none"> • 6 hours before induction of anaesthesia Solid food, milk, tea, coffee, juices and fizzy drinks 		midnight	06:30am
<ul style="list-style-type: none"> • 4 hours before induction of anaesthesia Breast milk feeding in infants 		03:30am	08:30am
<ul style="list-style-type: none"> • 2 hours before induction of anaesthesia Water only (or dilute clear non-particulate squash) 		05:30am	10:30am

NOTES:

1. In the case of patients scheduled for all day lists, an effort should be made to plan ahead and stick to the order of lists. This prevents an unnecessary long period without oral intake.
2. Patients scheduled for an afternoon list can have a *light*² breakfast before 06:30am. They can also have clear fluids till 10:30am.
3. The young and elderly are at high risk of becoming dehydrated, especially in a warm environment. It is important to give fluids according to the above guidelines and if necessary start an i.v. infusion, especially after bowel preparation.
4. Patients who need an operation following trauma, acute abdominal conditions, high alcohol intake, have high BMI and suffer from any condition that affects the oesophagus or stomach emptying need to be managed accordingly during induction.
5. It may be appropriate to give certain medications with a sip³ of water 30mins before induction of anaesthesia.
6. These are general guidelines. Particular needs for certain types of procedures may differ.

¹. Urgent surgery: needs to be done as soon as possible but not immediately.

². Light breakfast: A cereal with milk, toast, tea or coffee.

³. Sip: Not more than 15mls.