

NPO Guidelines

Fasting guidelines, or NPO guidelines, are based on gastric physiology and expert opinion. PAA has compiled the following summary of fasting recommendations to reduce the risk of pulmonary aspiration:

Ingested Material	Minimum Fasting Period (hours)	PAA's recommendations at Novant (h)
Clear liquids*	2	4
Breast milk	4	4-6
Infant formula	6	8
Non-human milk	6	8
Light meal	6	NPO after 10pm
Full meal	8	NPO after 10pm

^{*}Clear liquids include water, apple juice, sodas, Gatorade, BLACK tea or coffee (no cream, no sugar).

Do NOT drink: milk, creams, citrus juices (orange, grapefruit), Jell-O, broth, bouillon or alcohol the day of your procedure.

NOTES:

- 1. These recommendations apply to healthy patients who are undergoing elective procedures. They are not intended for women in labor.
- 2. The difference in times between the ASA Guideline and what we tell patients and surgeons exist to facilitate flexibility in the schedule. The ultimate goal is to achieve the recommended times on the left side of the table.
- 3. Following these guidelines does not guarantee complete gastric emptying.
- 4. The fasting periods noted above apply to all ages.
- 5. Since non-human milk is similar to solids in gastric emptying time, the amount ingested must be considered when determining an appropriate fasting period.
- 6. A light meal typically consists of toast and clear liquids. (Note that PAA anesthesiologists do not allow solid food on the day of surgery.) Meals that include fried or fatty foods or meat may prolong gastric emptying time. Both the amount and type of foods ingested must be considered when determining appropriate fasting period. No solid food after 10PM allows for the minimum 8-hour fast for early morning cases.

SOURCES:

Minimum Fasting Period data (left column) were sourced from 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.