

HIGH DESERT HEALTH SYSTEM AMBULATORY SURGICAL CENTER

SUBJECT: VI-105 PREOPERATIVE FASTING (NPO) GUIDELINES	POLICY #: 1142
	VERSION: 2
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BACKGROUND:

Historically, adult patients fasted 8-12 hours before surgery to reduce the volume of gastric contents and the risk of aspiration pneumonitis. NPO after midnight before the day of elective surgery is a time honored preoperative order that has been challenged.

GUIDELINES:

The summary of the 2011 American Society of Anesthesiologists Fasting Recommendation to Reduce the Risk of Pulmonary Aspiration (taken from the Practice Guidelines for Preoperative Fasting) in healthy patients is adopted as our NPO policy as follows:

1. Normal meal can be taken until bedtime on the evening before surgery.
2. Light meal (which typically consists of toast and clear liquids) up to six (6) hours prior to anesthesia.
3. Non-human milk up to six (6) hours prior to anesthesia.
4. Clear liquids* up to two (2) hours prior to anesthesia.

* Clear liquids include only water, black coffee, clear tea, apple juice and carbonated (soft) drinks. Clear liquids do not include milk, any liquid with particulate matter, such as orange juice with pulp, or hard candy.

Patients taking oral medication may take these medications early in the morning with a sip of water, up to one (1) hour before induction of anesthesia, if recommended by the anesthesiologist.

REFERENCE:

"Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration", ASA Guideline, 2011

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