

## FASTING GUIDELINES

in our institution we practise the following fasting instructions for elective surgery in healthy patients (regardless of age with the exception of non-human milk or formula milk):

- Clear fluids: completed 1 hour before anaesthesia Breast milk : completed 4 hours before anaesthesia
- Non-human milk/Formula milk :
  - If  $\leq 4$  months of age, to be completed 4 hours before (not more than 150ml)
  - If  $> 4$  months of age to be completed 6 hours before anaesthesia
- Light meal: completed 6 hours before anaesthesia

\*Clear fluids refer to glucose, water, valens carborie (10g sachet in 100ml water), clear fruit juice (non- particulate, e.g. apple juice, ribena, but **NOT** orange juice with pulp).

\*Light breakfast means milk/milo with 2 pieces of biscuits or a piece of plain bread only (no spread/fillings). Please be specific: in our Asian context breakfast could mean a bowl of noodles or fried rice! A heavier meal may require a longer period of fasting

\* Fasting guidelines may need to be more stringent in cases where there is gastro-esophageal reflux or other factors increasing the risk of pulmonary aspiration.

### Emergency surgery

When possible, depending on the urgency of the case, fasting guidelines should follow those for elective surgery.

References:

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2. Cook-Sather SD, Harris KA, Chiavacci R et al. A liberalised fasting guideline for formula-fed infants does not increase average gastric fluid volume before elective surgery. *Anesthesia and Analgesia* 2003; 96: 965-969
3. McCann ME, Kain ZN. The Management of Preoperative Anxiety in Children: An Update. *Anesth Analg* 2001; 93: 98-105.
4. 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. A Report by the American Society of Anesthesiologists Task Force on Preoperative Fasting. *Anesthesiology* 1999; 90: 896 – 905
5. Thomas M, Morrison C, Newton R, et al. Consensus statement on clear fluids fasting for elective pediatric general anesthesia. *Paediatr Anaesth*. 2018; 28:411–4