

FASTING GUIDELINES

In general, 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 ≤ 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. Be aware of the increased risk of delayed gastric emptying particularly in trauma cases.

References:

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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