

Study	Liquid	N	Volume (mL) Before Induction (hr)			Time (hr) ^a	Scale ^b	Hunger Rating		
			> 6	6→2	≤ 2			M (SD)	Med (IQR)	Range
Sada 2014 (CR)	Placebo	23	800		400				2	(1-5)
	CHO	22	800		400				3	(1-5)
	Fasting	26				24	0→10		4	(1-8)
Tsutsumi 2016	Placebo	23	800		400				3	(1-5)
	CHO	22	800		400				3	(1-5)
	Water	12			450	0	0→100		43	(30-59)
Cakar 2017	CHO/Prot	12			600				13	(3-20)
	Fasting	30				0	0→100			
	CHO	30	800		400					
Savluk 2017	Fasting	38				7 ^{c,d}	0→10	8.0 (5.0)	7.28	4.996
	CHO	38			400			2.0 (1.0)	2.04	1.049
	CHO	37	400					4.0 (0.8)	4.0	.79
	CHO	38	800		400			2.0 (0.5)	2.02	.4932
Doo 2018	Fasting	25				0	0→10 ^e NRS ^f		1 (0-2)	
	CHO	25			400				1 (0-2)	
Helminen 2019	Fasting	56				0	0→100		18 (5-50)	
	CHO/Prot	57			200				10 (0-20)	
Onalan 2019	Fasting	25				3	0→10	6.4 (3.0)		
	CHO	25	800		400			0.1 (0.4)		
Rizvanovic 2019	Fasting	25				0	0→100	23.8 (3.0)		
	CHO	25	400		200			1.6 (2.7)		
Wang 2019	Fasting	37				0	0→10	4.0 (2.1)		
	CHO	36	710		355			2.5 (1.5)		
Zhang 2019	Fasting	29				0	0→100		40 (40-50)	
	CHO	29	800		400				10 (10-10)	
Marquini 2020c	Clear	40		200		10	0→10	3.9 (0.5)	4	(0-10)
	CHO/Prot	34		200				2.1 (0.5)	0	(0-8)
Parebianco 2020	Fasting	22				0	0→2 ^e NRS ^f	1	1	(0-2)
	CHO	10	800		400			0.3	0	(0-1)
Wendling 2020	Fasting	22				1 ^g	0→100	9.5		(3-16)
	Clear	20	710		355			-6		(-14-2)
	CHO	25	710		355			11.2		(-29-7)

Nonrandomized Studies of Interventions

Oyama 2011 (AM)	Fasting	26				0	1→5 ^e NRS ^f	2.5 (0.5-4.5) ^g
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RCT: randomized controlled trial; M: mean; Med: median; IQR: interquartile range; NRS: numeric rating scale; MD: mean difference.

^a When outcome assessed relative to surgery where 0 is prior to induction and other values hours postop or relative to liquids in nonsurgical studies.

^b Arrow (→) indicates best to worst hunger (visual analogue if not noted NRS).

^c Within group change from baseline.

^d Time outcome assessed not reported.

^e Difference from before beverage consumption to 1 hr post consumption.

^f IQR bound outside range of scale used.

^g Hunger Satiety Scale.