

**Policy Title:** Care of Patients Receiving Procedural Sedation by a Non-Anesthesia Personnel

**Addendum Title:** NPO & Fasting Guidelines (The Anesthesia Department adheres to the ASA NPO Guidelines)

**Addendum Letter:** G

**Date:** 6/16/2021

**SUMMARY OF ASA FASTING RECOMMENDATIONS**  
**CHILDREN AND ADULTS:**

Clear Liquids*	2 hours
Human breast milk	4 hours
Formula/milk (non-human)	6 hours
Light meal (toast)	6 hours
High protein/fat meal	8 hours

Pre-Surgical Services will instruct the patient to follow the surgeons NPO instructions if the following criteria have been met:

1. NPO guidelines are more conservative than ASA NPO guidelines **AND**
2. Patient is able to verbalize his/her NPO instructions

***If both criteria have NOT been met,*** Pre-surgical Services will provide the following NPO instructions in order to maximize operational efficiency and maintain compliance with these National guidelines:

**SUMMARY OF PSS NURSING RECOMMENDATIONS**

Clear Liquids*	4 hours
Formula/milk (non-human)	6 hours
Solid Food	8 hours

\*Clear liquids include: water, black coffee/tea (no milk, cream, non-dairy creamer or sugar), carbonated beverages, juices without pulp (apple, cranberry, grape)

Several factors are associated with delayed gastric emptying and/or increased risk of pulmonary aspiration. *When risk of aspiration is increased, a longer fasting interval may be required and antacid prophylaxis and intubation may be indicated.* Examples include patients with:

- Morbid Obesity (BMI > 40)
- Pregnancy (2nd and 3rd trimester)
- Abnormal Airway/potentially difficult airway
- Gastrointestinal pathology (including prior gastric surgery and hiatal hernia with reflux)
- Diabetes with gastroparesis and/or neuropathy
- Narcotics (recent/chronic use)

For both adult and pediatric patients, in the emergency setting, the physician may weigh the risks and benefits of the NPO status, and choose to proceed with shorter fasting periods given the emergent nature of the procedure.