Inova Fairfax Medical Campus
3300 Gallows Road, Falls Church, Virginia 22042-3300

Preoperative Fasting Guidelines to Reduce the Risk of Pulmonary Aspiration in Healthy Patients Undergoing Elective Procedures

The pre-sedation and anesthesia eating guidelines for all ages, as of October 2015, are as follows:

- **NO solids** (including citrus juices, cereal in formula) after midnight - *for a 0730 case no solids after 1100 pm*

- **NO non-human milk or infant formula** within 8 hours of the procedure. *Do not add cereal to formula.* Feeding must be finished at 8 hours before procedure start time.

- **NO breast milk** within 6 hours of the procedure. Feeding must be finished at 6 hours before procedure start time.

- **NO clear liquids** within 4 hours of the procedure. Clear liquids are apple juice, pedialyte, Gatorade, water, clear tea or coffee **WITHOUT** cream or sugar. Feeding must be finished at 4 hours before procedure start time.

Before the procedure until the procedure is complete nothing to eat or drink, no gum chewing, mints, ice chips or candy is allowed.

*If these instructions are not followed, the procedure will be delayed or cancelled for safety reasons.* For further questions about these guidelines, please do not hesitate to contact Presurgical Services Navigator RN at 703-970-3125.