

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.