



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Anesthesia Care		
Document:	Departmental Policy and Procedure		
Title:	Fasting Guidelines		
Applies To:	All Anesthesiologist and Surgeon		
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1. PURPOSE:

1.1 To outline the fasting guidelines for the patients who scheduled for operating room.

2. DEFINITIONS:

2.1 **Preoperative Fasting** – is the practice of a patient abstaining from oral food and fluid intake for a time before an operation is performed. This is intended to prevent pulmonary aspiration of stomach contents during general anesthesia.

3. POLICY:

3.1 All patients for elective surgery are fasted a minimum 8 hours for solids and 4 hours for clear minimal fluids. To allow flexibility of lists the following guidelines are formally applied.

- 3.1.1 Patients on all day lists. No food for 8 hours the day before surgery. May have clear fluid/water until 3am the day of surgery. Take usual morning medications at this time. Patients who are scheduled later in the day may be permitted further oral fluids.
- 3.1.2 Patients on morning lists. No food from 12 midnight the day before. May have clear fluid/water up until 3am on the day before surgery. Take the usual morning medications at this time.
- 3.1.3 Patients on afternoon lists (after 12 pm) may have food to finish by 2am. Clear fluids till 6 am. Take the usual medications at scheduled times with a sip of water.
- 3.1.4 Patients should take all usual oral medications except NSAIDS, oral hypoglycemic agents and warfarin unless specifically directed by the Anesthesiologist.

4. PROCEDURE:

N/A

5. MATERIALS AND EQUIPMENT:

N/A

6. RESPONSIBILITIES:

- 6.1 Anesthesiologist
- 6.2 Surgeon

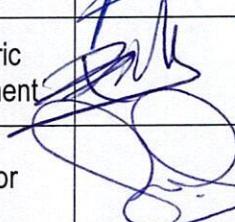
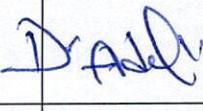
7. APPENDICES:

N/A

8. REFERENCES:

8.1 American Society of Anesthesiology.

9. APPROVALS:

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