

Eliminating Needless Deprivation

2010 NPO Guidelines from the American Society of Anesthesiologists (ASA) for procedures requiring general anesthesia, regional anesthesia, or sedation/analgesia:

8 hours or more from intake of fried or fatty foods

6 hours from intake of a light meal or non-human milk

2 hours from intake of clear liquids (including , but not limited to, water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee. These should not include alcohol.)* Patients for cardiac testing should not be given caffeine.

*Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration: Application to Healthy Patients Undergoing Elective Procedures. Anesthesiology 2011; 114: 495-511