



GREAT LAKES
ANESTHESIOLOGY

FASTING GUIDELINES FOR PATIENTS UNDERGOING ELECTIVE SURGERY

Great Lakes Anesthesiology PC

The fasting guidelines for healthy children and adults undergoing elective surgery are as follows:

1. **Drink CLEAR FLUIDS up to TWO (2) hours** before the scheduled surgery time
 - a. Clear fluids are drinks without pulp such as apple juice, Gatorade, or a similar clear drink. Clear Jell-O, black coffee or tea is also acceptable.
 - b. **DO NOT DRINK ORANGE JUICE OR MILK** at this time.
2. **BREASTMILK up to FOUR (4) hours** before the scheduled surgery time.
3. **MILK, INFANT FORMULA AND A LIGHT BREAKFAST may be consumed up to SIX (6) hours** before the scheduled surgery time. A **LIGHT BREAKFAST** is **dry toast only**.
4. **SOLID FOODS should not be consumed for at least EIGHT (8) hours** before the scheduled surgery time.
5. **Morning MEDICATIONS may be taken with a small amount of clear fluid when you get up.**

Note: Expel chewing gum before surgery. Chewing gum should not delay surgery, however, if the gum is swallowed, surgery will be cancelled. Eating or drinking any foods other than those listed above may result in the anesthetic being delayed or cancelled.

These are only guidelines. Individuals with medical conditions that could delay gastric emptying or increase the risk of aspiration may require that these fasting intervals are adjusted.

October 3, 2022