



CLINICAL GUIDELINE

Preoperative Fasting Guideline for Elective Surgical Patients

A guideline is intended to assist healthcare professionals in the choice of disease-specific treatments.

Clinical judgement should be exercised on the applicability of any guideline, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.

If, after discussion with the patient or carer, there are good reasons for not following a guideline, it is good practice to record these and communicate them to others involved in the care of the patient.

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Approval Group:	Theatres, Anaesthetics and Critical Care Clinical Governance Group

Important Note:

The Intranet version of this document is the only version that is maintained. Any printed copies should therefore be viewed as 'Uncontrolled' and as such, may not necessarily contain the latest updates and amendments.

	AM list or All day list	PM list or afternoon of an All day list
SOLIDS (this means food, milky drinks and sweets)	No solids after Midnight	Light breakfast before 07:00hrs No solids after 07:00hrs
CLEAR FLUIDS this means: <ul style="list-style-type: none"> • still water • black tea/coffee • NO milk • carbohydrate ERAS drinks (if prescribed) 	(Unlimited clear fluids permitted overnight until 06:00hrs) Please give 300mls clear fluid at / before 06:00hrs No fluids after 06:00hrs (unless prescribed following surgical brief)	(Unlimited clear fluids permitted overnight until 11:00hrs) Please give 300mls clear fluid at / before 11:00hrs No fluids after 11:00hrs

Please follow the above guidelines for the perioperative fasting of **ALL ELECTIVE** surgical patients, unless other instructions have been given.

ALL patients may have UNLIMITED clear fluid overnight and should ALSO be encouraged to have a glass of clear fluid AT/ BEFORE 06:00hrs for patients on an AM/all day list AND ALSO AT/BEFORE 11:00hrs for patients on an afternoon list

Having assessed the patient, if the anaesthetist wishes other fasting instructions to be followed, this should happen.

Chewing gum may be acceptable up to 2 hours pre-op but should be discouraged, and must **NOT** be swallowed.