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SAÚDE**

DESDE 1959

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# **PREOPERATIVE FASTING**

**PROCEDURES WITH ANAESTHESIA**

## What is Preoperative fasting?

Preoperative fasting is the period before surgery and anaesthesia during which no solid or liquid foods may be ingested.

## Who should fast?

All clients who are going to undergo any surgical intervention or examination with sedation, regardless of the type of anaesthesia (including local anaesthesia).

## Why is fasting necessary?

Gastric contents are acidic and the accidental passage of this content into the lungs, even in small quantities, may lead to serious pulmonary complications. Therefore, by reducing the volume of stomach contents through fasting, the likelihood of regurgitation (vomiting) and aspiration into the lungs during anaesthesia is reduced.

## Fasting times?

- **Clear liquids** (water, pulp-free juice, tea without milk, coffee without milk), up to a maximum quantity of 200ml (1 cup), can be consumed until 2 hours before surgery.
- **Light meals** (toast with jam and a clear liquid) require at least 6 hours of fasting.
- **Full meals** (which include fried foods, fatty foods, pulses, rice/potatoes or meat/fish) require at least 8 hours of fasting.

### Food Ingested

### Minimum fasting period

Clear liquids (tea, water, coffee, pulp-free juice)	2h
Light meal (toast with clear liquids)	6h
Full meal (includes fried foods and /or fish/meat)	8h

### Failure to comply with fasting times:

Surgery delayed or Surgery cancelled

**Fasting times may change according to the emergent nature of the surgery or the existence of physical conditions (obesity, advanced age, diabetes mellitus, bariatric surgery or medication the client is taking) that delay the normal digestive process.**

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