Guidelines for Pre-Procedure Fasting for Elective Surgery Patients Receiving General, Conduction, Intravenous Block or Monitored Anaesthesia Care

If surgery is booked prior to 3:00 pm

Adults and Children:
- No solids after 2400 hours (Solids include milk, orange juice or other cloudy particulate fluid)
- May have clear fluids up to 4 hours pre-op

Infants less than 18 months of age:
- No solids after 2400 hours
- May be breast fed up to 4 hours pre-op
- May be formula fed up to 6 hours pre-op
- May have clear fluids up to 4 hours pre-op

If surgery is booked after 3:00 pm

Adults and Children:
- Light breakfast up to 9:00 am (light breakfast defined as toast, cereal, muffin, etc. Does not include bacon, eggs, sausage, etc.)
- May have water or clear fluids up to 11:00 am

Infants less than 18 months of age:
- Light breakfast before 9:00 am
- May be breast fed up to 4 hours pre-op
- May be formula fed up to 6 hours pre-op
- May have clear fluids up to 4 hours pre-op

References:


https://www.asahq.org/coveo.aspx?q=preoperative%20fasting