

Department of Anesthesia NPO Guidelines

Age	General or MAC Anesthesia	Topical Anesthesia
New Born -6 Months	Clear Fluid: 2 Hrs Breast Milk: 4 Hrs Infant Formula: 5 Hrs	
6 Months – 36 Months	Clear Fluid: 2 Hrs Breast Milk: 4 Hrs Infant Formula: 6 Hrs Non-human Milk: 6 Hrs Solid: 6 Hrs	
Older than 36 Months	Clear Fluid: 2 Hrs Non-human Milk: 6 Hrs Light Meal: 6 Hrs Heavy Meal: 8 Hrs	Clear Fluid: 2 Hrs Non-human Milk: 4 Hrs Light Meal: 4 Hrs Heavy Meal: 6 Hrs

Please Note:

- 1) Clear fluid: water, black coffee, clear tea, carbonated beverages, fruit juices without pulp.
Light meal: coffee with milk, orange juice, other fruit juice with pulp, cereal, toast, crackers, etc.
Heavy meal: fatty or fried food, cheeses, meat, etc.
- 2) Certain medical conditions slow down gastric emptying and/or put patients at higher risk of pulmonary aspiration, such as diabetes, renal disease, gastrointestinal motility disorders, GERD, dysphagia, hiatal hernia, potential difficult airway management, etc. The anesthesia provider should use his/her clinical judgment to decide the appropriate NPO time accordingly.
- 3) For emergency surgeries, the anesthesia provider should discuss with surgeon the urgency of the surgery, weigh risks and benefits, and decide with the surgeon the appropriate NPO time accordingly.