



Pediatric  
Anaesthesia  
Associates, P.S.C.

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Date: December 9, 2003

Re: Anesthesia NPO Guidelines

Anesthesia's NPO guidelines for elective anesthesia and/or sedation appear below. Please be sure your patients are aware of the appropriate restrictions.

|                      | <b>0-5<br/>months</b> | <b>6-36<br/>months</b> | <b>&gt;36<br/>months</b> |
|----------------------|-----------------------|------------------------|--------------------------|
| <b>Clear liquids</b> | <b>2 hrs</b>          | <b>2 hrs</b>           | <b>2 hrs</b>             |
| <b>Breast milk</b>   | <b>4 hrs</b>          | <b>6 hrs</b>           | <b>-----</b>             |
| <b>Formula</b>       | <b>4 hrs</b>          | <b>6 hrs</b>           | <b>-----</b>             |
| <b>*Solids/milk</b>  | <b>4 hrs</b>          | <b>6 hrs</b>           | <b>8 hrs</b>             |

\*A light meal typically consists of toast and clear liquids. Meals that include fried or fatty foods or meat may prolong gastric emptying time. Both the amount and type of foods ingested must be considered when determining an appropriate fasting period.

Nov. 2003 Steve Auden, M.D.

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