

## NPO Guidelines

Food Consumed	Minimum Fasting Time
Clear Liquids	2 hours
Breast Milk	4 hours
Infant Formula	6 hours
Non-Human Milk	8 hours
Solids	8 hours

- Examples of clear liquids include:
  - Water
  - Sports drinks like Gatorade or Powerade
  - Clear juices without pulp (e.g. apple or cranberry juice)
  - Carbonated beverages
  - Tea or coffee without milk or creamer
  
- Regardless of time consumed, a few sips of water for medications or ice chips (30 ml) will not affect NPO status. One half of a Popsicle (1/2 Popsicle=30 ml) is allowed on the pedi floor and will not affect NPO status.

### Notes:

The NPO guidelines for Mass. Eye and Ear provide a safe environment for our surgical patients. Based on the nature of our practice, these recommendations are made to reduce the risk of pulmonary aspiration and apply to healthy patients of all ages undergoing elective procedures. Failure to follow these recommendations may result in surgical case delay/cancellation at the discretion of the assigned anesthesiologist.

**Questions?** Please contact our Anesthesia Department at 617-573-3380.