

NPO INSTRUCTIONS FOR SURGERY

NPO means “nil per ora” or nothing by mouth
Pediatric Anesthesiologists call this “Fasting”

To make anesthesia safer, fasting empties the
stomach so food won't come back up and disturb
breathing. For infants and little children, prolonged
fasting can lead to dehydration.

If the patient eats or drinks less than the
recommended Fasting Time, surgery will probably be
DELAYED or CANCELED.

Conforms to Pediatric Anesthesiologists' recommendations:

Type of food or liquid	Fasting time before surgery
Fatty or fried food	8 hours
Light meal, milk, formula	6 hours
Breast milk (infants-age 2)	4 hours
Clear liquids (up to 4 years)	4 hours

“Clear” is a liquid you can see through like apple juice, Pedialyte or Gatorade. Clear does not include foods you can “see” through like bagels, swiss cheese or Cheerios.

- <http://www.pedsanesthesia.org/patiented/fastig.iphtml>

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