

American Society of Anesthesiologists

Fasting Recommendations*

Minimum Fasting Period†

- Clear liquids‡ -- -Stop 2 hours prior to procedure
- Breast milk----- Stop 4 hours prior to procedure
- Infant formula--- Stop 6 hours prior to procedure
- Nonhuman milk- Stop 6 hours prior to procedure
- Light meal** ---- Stop 6 hours prior to procedure
- Fried foods, fatty foods, or meat- Additional fasting time (e.g., 8 or more hours)

* These recommendations apply to healthy patients who are undergoing elective procedure requiring general anesthesia, regional anesthesia, or procedural sedation and analgesia. They are not intended for women in labor. Following the guidelines do not guarantee complete gastric emptying.

† The fasting periods noted above apply to all ages

‡ Examples of clear liquids include water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee.

§ Since nonhuman milk is similar to solids in gastric emptying time, the amount ingested must be considered when determining an appropriate fasting period.

**A light meal typically consists of toast and clear liquids. Meals that include fried or fatty foods or meat may prolong gastric emptying time. Additional fasting time (e.g., 8 or more hours) may be needed in these cases. Both the amount and type of foods ingested must be considered when determining an appropriate fasting period.

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