

# Elective Surgery NPO Guidelines

2 HOURS	Clear liquids, tea, fruit juices without pulp, carbonated drink, coffee (non-dairy creamer allowed)
4 HOURS	Breast milk
6 HOURS	Light meals (carbohydrates, such as toast or cereal), Non-human milk, formula
8 HOURS	Heavier meals that include protein and/or fat (Eggs, bacon, sausage, etc). Fried foods.

Gum chewing has no effect on adult gastric pH and volumes.  
Chewing tobacco (provided not swallowed) should be discarded and  
the anesthesiologist contacted

Source:

*Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration: Application to Healthy Patients Undergoing Elective Procedures*

Anesthesiology 2011; 114: 495–511