

## **ANESTHESIA NPO GUIDELINES**

The following are guidelines for outpatient surgical procedures at Le Bonheur Children's Hospital

1. Clear liquids (e.g. water, fruit juices without pulp (includes ORANGE juice), carbonated beverages, clear tea, black coffee) - 2 hours
2. Fruit juices with pulp - 6 hours
3. Breast milk - 4 hours
4. Infant formula - 6 hours
5. Non-human milk ( e.g. cow , soy, nut, soy, Fairlife ultra-filtered milk, flavored milk including chocolate milk) - 6 hours
6. Ensure clear - 6 hours
7. GUM - if chewed and spat out- can proceed without delay. If swallowed - 8 hours
8. Apple sauce -\*for seizure meds - 6 hours
9. Chicken broth - 6 hours
10. Go-Lytely - 6 hours
11. PO Contrast - 6 hours
12. Jell-O - 2 hours
13. Thickener - 8 hours
14. Hard candy - 8 hours
15. Gummy vitamins - 8 hours