

# FASTING GUIDELINES BEFORE A GENERAL ANAESTHETIC



**APAGBI**

Association of  
Paediatric Anaesthetists  
of Great Britain & Ireland

## FOOD & FORMULA MILK

and other non-clear fluids

**UP TO 6 HOURS** BEFORE  
SURGERY



## BREAST MILK

**UP TO 3 HOURS**  
BEFORE SURGERY

## CLEAR FLUIDS

Water

Clear diluted squash

Dilute electrolyte solutions

**SIP TIL SEND TO THEATRE**

Rate: 3 ml/kg/hr

Max: 150 ml/hr



### EXCEPTIONS TO THE RECOMMENDATIONS THAT REQUIRE INDIVIDUAL EVALUATION

- Structural or motility disorder of the gastrointestinal tract e.g. GORD
- Significant neuro disability or conditions that impair airway reflexes
- Emergency or urgent surgery
- Anticipated difficult airway
- Severe Obesity: BMI > 99.6<sup>th</sup> percentile
- Current treatment with GLP-1 receptor agonists
- Extreme anxiety