

Vertex Anesthesia

Guidelines for Sedation/Analgesia

Nothing by Mouth (NPO) Guidelines for Sedation/Analgesia

Clear Liquids	Breast Milk	Non-human Milk/Formula	Light Meal (toast/clear liquids)	Solids	Upper Gastric Tube Feeding
Stop 2 hrs prior to procedure for otherwise healthy children and adult	Otherwise healthy neonates and infants <44 gestational weeks stop 4 hrs before procedure	Otherwise healthy stop 6 hrs before procedure	Stop 6 hrs before procedure	Stop 8 hours before procedure	Stop transpyloric feed 2 hrs before procedure
NOTES: patient takes gabapentin, to take that medication the morning of surgery with a small sip of water		1. Medication may be taken with one sip of water.	4. Clear carbonated soft drink is permitted. Alcohol is not a clear liquid.		
		2. Oral contrast, if required for the procedure, may be given according to the Department of Radiology protocol.	5. All patients with documented delayed gastric emptying should be NPO at least 8 hours. This includes patients with diabetes, obesity, pregnancy, gastric bypass patient, trauma or chronic renal failure.		
		3. If patient is emergent, see risk/benefit statement.			