

NOTE: The following guidelines are issued at the Royal Children's Hospital Melbourne, for use at this hospital. They are placed on this VCCAMM website as an example only, of fasting practices at a major metropolitan paediatric teaching hospital. These guidelines may NOT be appropriate at other institutions.

**ROYAL CHILDREN'S HOSPITAL
DEPARTMENT OF ANAESTHESIA AND PAIN MANAGEMENT
FASTING GUIDELINES**

The following guidelines are issued by the Department of Anaesthesia and Pain Management of the Royal Children's Hospital concerning fasting for all patients, whether surgical or medical, undergoing a general anaesthetic or sedation.

ELECTIVE SURGERY AND ANAESTHESIA

No milk, food, lollies or chewing gum for at least **6 HOURS**
Clear fluids are allowed up to **2 HOURS** before surgery

For children **less than 6 months** of age:

Breast feeding is allowed up to **3 HOURS** before surgery

Formula or Cow's milk feeding is allowed up to **4 HOURS** before surgery

Any variation to these guidelines will be by instruction of the anaesthetist of the day.

EMERGENCY SURGERY AND ANAESTHESIA

Patients should be fasted from first contact until further instructions from the duty anaesthetist

Note:

Usual commencement times for surgery are:

Morning Operation	08.30 am (fasting from 02.30 am for food or milk, 06.30 am for clear fluids)
Afternoon Operation	13.30 pm fasting from 07.30 am for food or milk, 11.30 am for clear fluids)
Cardiac Surgery	07.30 am (fasting from 01.30 am for food or milk, 05.30 am for clear fluids)

Clear fluids are those fluids which, when held to the light, are transparent. They include glucose-based drinks, cordials and clear juices. This does **not** include particulate or milk-based products.

Diabetes Mellitus patients will have special requirements and the anaesthetist of the day should be consulted.