



## MEEI NPO Guidelines

<b>Food Consumed</b>	<b>Minimum Fasting Time</b>
<b>Clear Liquids</b>	2 hours
<b>Breast Milk</b>	4 hours
<b>Infant Formula</b>	6 hours
<b>Non human Milk</b>	6 hours
<b>Light Meal</b>	6 hours
<b>Heavy Meal</b>	8 hours

Notes:

- These recommendations were made to reduce the risk of pulmonary aspiration and apply to healthy patients of all ages undergoing elective procedures.
- Clear Liquids include water, clear juices without pulp like apple or cranberry juice, carbonated beverages, clear tea or black coffee.
- Since non-human milk and infant formula are similar to solid foods than breast milk, it is important to know the type of "milk" a child has consumed to determine a safe fasting period.
- A light meal typically consists of toast and black tea. Meals that include fatty/fried foods may prolong gastric emptying. Both the amount and type of foods ingested must be considered when determining an appropriate fasting period (thus the range of 6-8 hours after solid food is consumed).

**A small amount of water or ice chips (30 ml), regardless of time when consumed, would not effect NPO status. Small amounts of a popsicle (1/2 popsicle = 30ml) would be allowed on the pedi floor and would not effect NPO status.**