

Recommendations:

Ingested Material: Definitions Listed Above ¹	Hours Before Scheduled Arrival at Hospital or Ambulatory Surgery Center Patients May Have These ²
Nothing by mouth	Less Than 2 hours
Clear liquids ³	Up to 2 hours
Breast milk	Up to 4 hours
Infant formula	Up to 6 hours
Nonhuman milk	Up to 6 hours
Light meal ⁴	Up to 6 hours
Meals that include fatty foods	Up to 8 hours

²Note: Hours denote time before scheduled arrival at hospital or ambulatory surgery center, not actual scheduled time of surgery.

Definitions¹

Clear Liquids³: Examples include, but are not limited to, water, fruit juices without pulp, carbonated beverages, sports drinks like Gatorade/Powerade, broth, jello, tea and black coffee. These liquids cannot include alcohol.

Light Meal⁴: Excludes any fatty foods and should be limited in amount. An ideal example would be dry toast with clear liquids.