



FUNDACIÓN  
VALLE DEL LILI

*Excelencia en Salud al servicio de la comunidad*

# Fasting recommendations for previous anesthesia or sedation

## FOR SEDATION OR ANESTHESIA

The stomach must be empty, to avoid vomiting or bronchoaspiration (vomit that goes to the lungs). This is why a few hours of previous fasting are needed, depending on the type of food:

Hours	Type of food
8	<b>Heavy solids:</b> meat, eggs, fried or fatty foods.
6	<b>Light solids:</b> cookies, bread, toast, cereals without milk. <b>Milk:</b> cow, goat or dairy products (cheese, yogurt). <b>Formula milk.</b>
4	<b>Breastmilk</b>
2	<b>Clear liquids:</b> water, strained natural juice, whey, sports hydration drink and aromatic waters.

Take the medication for your underlying disease (diabetes, hypertension, etc.) treatment with a sip of water, as medically indicated.

## Important:

Patients with hiatal hernia, gastroesophageal reflux, anti-reflux surgery, intestinal obstruction, esophageal or bowel disorders, require 8 hours of fasting for food and liquids.

Stop the shewing gum 2 hours before the procedure. Avoid swallowing it, this could cause delays in start time.

## Hydration

### Hours before the procedure

Age	Drinks	Volume	Hours
Children with exclusive breast feeding	Breastmilk	As needed	4
	Water or whey.	Medical indication	2
Children of 6 months to 3 years	Breastmilk	A necesidad	4
	Water, strained natural juice, whey.	Medical indication	2
Children between 3 and 11 years	Water, whey, strained natural juice. <b>Diabetics:</b> water, tea or aromatic waters.	Medical indication	2
Over 12 years old	Sports hydration drink, strained natural juice, aromatic water, water, whey.  <b>Diabetics:</b> aromatic water, tea or water.	350 ml (1/2 cup)	2

In children, the recommended volume should be measured with a syringe (1 ounce = 30 ml).

*\* In case of consuming any beverage other than those recommended, inform your doctor to evaluate the type of beverage and reschedule the surgery, if necessary.*

## EXAMPLES

### Adult patient scheduled for 1:00 p.m.

- **7:00 a.m. :** toast, cookies and a juice without fruit pulp (6 hours before surgery).
- **11:00 a.m. :** 350 ml sports hydration drink (2 hours before surgery).

### 2-year-old boy (12 kg) scheduled for surgery at 9:00 a.m.

- **7:00 a.m. :** 36 ml juice box without fruit pulp.
- If the child is still breastfeeding, the mother can breastfeed until 5:00 a.m.



**In case of any doubt, contact  
Surgery preadmission nursing  
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