

PREOPERATIVE FASTING GUIDELINES
(Nil per os rules)

CLEAR FLUIDS = 2hrs

BREAST MILK = 4hrs

ANIMAL MILK = 6hrs
(cow/goat)

INFANT FORMULA = 6hrs

LIGHT MEAL = 6hrs

SOLIDS = 8hrs

DEFINITIONS

CLEAR FLUIDS = water
tea, rooibos tea or coffee not containing milk
non-particulate fruit juices

LIGHT MEAL = tea-and-toast type meal
soft, mashed or pre-digested foods in small
volumes