

Pre-operative Fasting Guidelines for Adults and Children

Department of Anesthesiology

Ingested Material	Minimum Fasting Period
Clear Liquids	3 hours
Breast Milk	4 hours
Solids	8 hours

Examples of Clear Liquids are: water, clear fruit juices without pulp (which means you can see through them), carbonated beverages, clear tea, and black coffee. **These should not** have milk or dairy products added.