

Summary of Fasting Recommendations to Reduce the Risk of Pulmonary Aspiration*

Ingested Material	Minimum Fasting Period † (h)
Clear Liquids ‡	2
Breast Milk	4
Infant Formula	6
Non-human milk §	6
Light Meal	6
Normal Meal ¶ (with fatty foods, meat, alcohol)	8

* These recommendations apply to healthy patients who are undergoing elective procedures. They are not intended for women in labor. Following the Guidelines does not guarantee complete gastric emptying.

† The fasting periods noted above apply to all ages.

‡ Examples of clear liquids include water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee.

§ Since non-human milk is similar to solids in gastric emptying time, the amount ingested must be considered when determining an appropriate fasting period.

¶ A light meal typically consists of toast and clear liquids. Meals that include fried or fatty foods or meat may prolong gastric emptying time. Both the amount and type of foods ingested must be considered when determining an appropriate fasting period.