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NURSING - PREOP			
Subject:			
NPO / FLUID GUIDELINES - PREOPERATIVE			

**NPO / FLUID GUIDELINES - PREOPERATIVE**

Policy:

Facility guidelines will be followed regarding preoperative NPO status to protect the patient from increased risk during anesthesia administration.

GUIDELINES FOR ALL PATIENTS

- (a) Patients may have nothing by mouth after midnight except water, the night prior to surgery.
- (b) Water may be taken until 3 hours before arrival to the center.
  - Adult Patients – up to 8 ounces
  - Pediatric Patients – up to 2 ounces

Local cases: the NPO status is at the discretion of the surgeon.

**IMPORTANT:** For surgeries scheduled in the late morning or afternoon, always instruct patients, or patient's parents, on the hourly minimum guidelines to prevent dehydration and unnecessary discomfort. NPO instructions may be modified by the Anesthesiologist to accommodate the patient's need for medications and/or individual nutritional considerations.