



## Fasting Guidelines before Anesthesia 麻醉前禁食規定 (英文)

Pulmonary aspiration of gastric content during anesthesia leads to pneumonitis and could be life-threatening. As a result, fasting guidelines was established to reduce the risk of aspiration.

Food intake	Least fasting hours
Clear liquid diet  Clear liquid diet refer to liquid that does not contain particles and alcohol such as water, juice without pulp, and meat soup without meat scraps (Adult patients may not drink more than 24cc in 2 hours before the scheduled surgery time).	2 hours
Breast milk	4 hours
Infant formula milk	6 hours
Dairy product, milk or goat milk.	6 hours
Light meals refer to easily digestible food such as rice porridge, steamed bun and toast.	6 hours
Solid Food	8 hours
Note: The aforementioned suggestions does not guarantee the complete	

stomach evacuation.

## High-Risk Groups

Due to higher aspiration risk, patients list below should strictly follow the preoperative fasting guidelines. These patients may not eat or drink anything since midnight before surgery.

- Pregnant women
- Insulin-dependent diabetes patients.
- Patients with gastro-esophageal reflux, hiatal hernia, gastric or duodenal ulcer.
- Patients with gastrointestinal obstructive disease.

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若有任何疑問，請不吝與我們聯絡  
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