



Nothing by Mouth (NPO) Instructions for In-Office Sedation

The following NPO “Nothing by Mouth” Guidelines will be followed by all patients receiving sedation services by Advanced Specialty Anesthesia.

Why is it so important to follow these instructions of no food or water by mouth?

The NPO policy is important because patients who have full stomachs are at risk for getting food or liquid in their lungs during anesthesia or sedation. This could cause pneumonia or other serious health problems. Even chewing gum or sucking on hard candies can delay your sedation procedure. For your safety, please follow these NPO instructions.

Pediatric and Adult patients:

Morning procedures (scheduled procedure start time of 7am to 12pm)

- Nothing by mouth after midnight this includes no ice chips, water, gum, candy, food and breastfeeding.
- Prescribed medications; patient may take with a sip of water two hours prior to appointment or as early as possible.
- Pediatric patients; no brushing teeth or morning bath.

Afternoon Procedures (scheduled procedure start time of 12:01- 3:00pm)

- Patient may have a light breakfast **finished by 6am**. This may consist of toast, cereal, protein shakes, breakfast bars, etc. No meat or potato products. The patient may then have plain, unflavored water until 9am. **Nothing by mouth after 9am.**
- No brushing teeth
- Breastfeeding children may be fed directly from breast (not previously frozen breast milk via bottle) **until 8am**. This will ensure at least a 4 hour nothing by mouth time frame.

The parents and/or caregivers of all pediatric patients are advised to maintain a normal bedtime for the child and not keep them up late just to give them food.

Coffee drinkers with a 12pm (noon) to 3pm procedure time may have black coffee (NO sugar or cream) until 9am.

Adults with Diabetes (insulin or non-insulin dependent):

- Patient should bring their glucometer to appointment.
- If patient is insulin dependent, patient must bring insulin and syringes to appointment.
- If the patient has a HgbA1c above 7, ASA reserves the right to cancel the case
- If the patient has a finger stick blood glucose above 200 on the day of service, ASA reserves the right to cancel the case.

What else should I know?

The staff schedules these procedures with the patients’ best interests in mind. They consider these factors in making scheduling choices:

- The child’s age, and
- Whether the child or adult has special needs

We know it is hard to keep children from eating when they are hungry. However, your child’s safety depends on you following the NPO guidelines.