

# Anesthesia NPO Guidelines For McGee Eye Surgery Center

For patients younger than seven (7) years of age:

- Formula, toast and cereal with milk 8 hours BEFORE ARRIVAL TIME at surgery center.
- Small sips of water, "Pedialyte" or plain Jell-O (approximately 4 ounces) up to 4 hours BEFORE ARRIVAL TIME at surgery center.
- Breast-feeding infants may nurse up to 4 hours prior to ARRIVAL TIME.
- NOTHING by mouth 4 hours BEFORE ARRIVAL TIME AT SURGERY CENTER.

For Patients older than seven (7) age through adults:

- **NO solids, No milk products or full liquids** (any liquid you CAN NOT see light through) **after Midnight.**
- Clear liquids only (any liquid you can see light through) up to 6 hours BEFORE ARRIVAL TIME at surgery center.
- Nothing by mouth 6 hours BEFORE ARRIVAL at surgery center.

**ALL PATIENTS** should take BP, heart medications, anticonvulsant and lung medications with a small sip of water at their usual time.

## INSTRUCTIONS FOR DIABETIC PATIENTS

FOR DIABETIC PATIENTS ON ORAL HYPOGLYCEMICS:

- Surgery in the AM: NPO after Midnight and **hold** their AM dose of oral hypoglycemic.
- Surgery in the PM (after 1200), they may have a clear liquid breakfast before 6AM (0600), then NPO. **Do not** take the oral hypoglycemic.

FOR INSULIN DEPENDENT DIABETIC:

- Surgery in the AM: NPO after Midnight and take ½ of their Insulin dose. Hold fast acting Insulin and bring the insulin with them.
- Surgery in the PM: (after 1200), they may have a clear liquid breakfast before 0600 then NPO. They should take ½ of their Insulin dose if AM Blood Sugar > 160. They should hold fast acting Insulin and bring their insulin with them.

FOR PATIENTS ON LANTUS INSULIN:

- Average the last 2 or 3 fasting blood sugars.
- If the average FBS is 125 to 140: Take the regular dose of Lantus Insulin.
- If the average FBS is less than 80: Reduce the regular dose of Lantus Insulin by 30%.

\*\*If needed Glucose tabs or 1 tsp sugar in 1 ounce of water.

Updated: 08-29-2005, 9-23-2008 per Dr. Bowers.