# 2023 American Society of Anesthesiologists practice guidelines for preoperative fasting: carbohydrate-containing clear liquids with or without protein, chewing gum, and pediatric fasting duration-a modular update of the 2017 American Society of Anesthesiologists practice guidelines for preoperative fasting.

Guideline ID: 414 Published: 2023 Feb 1

**American Society of Anesthesiologists (ASA)**

*Joshi GP, Abdelmalak BB, Weigel WA, et al. 2023 American Society of Anesthesiologists practice guidelines for preoperative fasting: carbohydrate-containing clear liquids with or without protein, chewing gum, and pediatric fasting duration-a modular update of the 2017 American Society of Anesthesiologists practice guidelines for preoperative fasting. Anesthesiology. 2023 Feb 1;138(2):132-151. [189 references]* PubMed

View Original Guideline

## Overview

### Guideline Objective

To evaluate the current evidence on preoperative fasting, focusing on ingestion of carbohydrate-containing clear liquids with or without protein, chewing gum, and pediatric fasting duration

### Patient Population

Healthy patients undergoing elective procedures

**Note:** Healthy patients are those without coexisting diseases or conditions that may increase the risk for aspiration, including esophageal disorders such as significant uncontrolled reflux disease, hiatal hernia, Zenker's diverticulum, achalasia, stricture;

previous gastric surgery (e.g., gastric bypass); gastroparesis; diabetes mellitus; opioid use; gastrointestinal obstruction or acute intraabdominal processes; pregnancy; obesity; and emergency procedures.

# Recommendations

## Recommendation Statements

Major interventions covered in this guideline include:

- Guidance on drinking carbohydrate- and protein-containing clear liquids, including timing of ingestion and pediatric fasting duration
- Anesthesia consideration for patients who are chewing gum

**Note**: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

## Evidence Rating Scheme

Refer to the original guideline documentation for more information.

## Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

# Related Content

## Supporting Documents

- Systematic Review Protocol.
- PRISMA Flowchart.
- Literature Search Strategy.

- Excluded Studies Bibliography with Reasoning.
- Supplemental Tables.
- Supplemental Figures.
- Methods Supplement.

## Implementation Tools

No implementation tools available.

## Patient Education

No patient education materials available.

## Disclaimer

If you desire to use content from the original clinical practice guideline cited herein, you must contact the guideline developer directly to obtain permission rights.

ECRI's Guideline Profiles are designed to provide information and assist decision-making. Variations in practice will inevitably, and appropriately, occur when clinicians take into account the needs and preferences of individual patients, available resources, and limitations unique to an institution or type of practice. Every healthcare professional using these Guideline Profiles is responsible for evaluating the appropriateness of applying them in a clinical setting.

Copyright © 2025 ECRI