**APPENDIX 6. Examples of locally approved preoperative fasting protocols including a light breakfast**

**Protocol light meal Hannover Medical School**, 4 hours before start of anesthesia, age 0-18 years:

* 1 slice of buttered toast with jam/chocolate spread per 10 kg with a maximum of three toasts (Beck et al 2018)
* yoghurt plain or fruit 150 g
* 1 bowl of cereal/porridge with milk 3.5%
* milk drink or chocolate drink up to 200 ml

cookies or fruit are also rated as a light meal with a fasting time of 4 hours

\*only one of the items in the list is allowed

**Protocol light meal** **Auf der Bult Children´s Hospital, Hannover, Germany**

At Auf der Bult Children´s Hospital in Hannover (Germany) we allow a light meal for children of all ages until 4 hours before anesthesia induction, taken under supervision in-hospital, but not at home. Of note, our definition of a ‘light meal’ and in particular the maximum amounts of each item shown below is not yet evidence based with RCT´s but derived from one observational study (Beck 2018) as well as our own estimation and experience.

|  |
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| **Light meal *Auf der Bult***  < 20 kg: max. 1 item (●)  ≥ 20 kg: max. 2 items (●) |
| * 1 slice of toast with butter/jam/honey * 1 yoghurt (max. 150 g) * 1 pudding or semolina (max. 150 g) * 1 apple purée or smoothie (max. 150 g) * 1 cup of chocolate or strawberry milk |

**Uppsala University Hospital Preoperative fasting routine for children**

## **Background**

Preoperative fasting is implemented to reduce the risk of pulmonary aspiration. The national guidelines apply for adults, but children tolerate long fasting times poorly. Therefore, the following rules apply for all children except if specific orders are issued by the attending anaesthetist.

## **Elective patients on the morning list**

No solid food (ordinary food, sandwiches, cereal etc) is allowed after midnight.

Light (semi-solid) breakfast is recommended at 04:00 AM or later if ordered in the OR planner.

Light (semi-solid) breakfast may be breast milk, infant formula, gruel, milk or yoghurt without solid components. No cereals, sandwiches, fruit, candy or cookies allowed.

The patients may drink clear fluids (water, lemonade, tea or coffee without milk) until the premedication is given or the patient is called to the operating room. The purpose is to quench thirst rather than replacing food with large quantities of drink.

## **Elective patients on the afternoon list**

No solid food (ordinary food, sandwiches, cereal etc) is allowed after midnight.

Light (semi-solid) breakfast is recommended at 08:00 AM or later if ordered in the OR planner.

Light (semi-solid) breakfast may be breast milk, infant formula, gruel, milk, yoghurt without solid components. No cereals, sandwiches, fruit, candy or cookies allowed.

The patients may drink clear fluids (water, lemonade, tea or coffee without milk) until the premedication is given or the patient is called to the operating room. The purpose is to quench thirst rather than replacing food with large quantities of drink.

## **Emergency or urgent surgery**

No food or drink is allowed

Delaying the procedure due to short fasting time must be balanced against how urgent the surgery is.