

New recommendation on clear fluid fasting in children by the “ Schweizerische  
Gesellschaft für Kinderanästhesie (SGKA) / Société Suisse d'Anesthésiologie  
Pédiatrique (SSAP) “

Following the recent publication of the “Consensus statement on clear fluid fasting for elective pediatric general anesthesia” (1), and after adoption of this statement during its last General Assembly on May 4<sup>th</sup>, 2018, the SGKA/ SSAP recommends that **all children (0-16 years old) able to take clear fluid are allowed and encouraged to have them up to one hour before elective surgery.**

“Clear fluids” (1) are defined as:

- water, clear (non opaque) fruit juice or squash/cordial, ready diluted drinks, and non-fizzy sports drinks
- non-thickened, non carbonated
- maximum volume recommended volume: 3 ml/kg

Contraindications should be decided by the anaesthetist and/or the surgical team, but include gastro-oesophageal reflux, renal failure, severe cerebral palsy, some enteropathies, oesophageal strictures, achalasia, diabetes mellitus with gastroparesis, and/or surgical contra-indications (1).

The rationale for 1 hour clear fluid fasting as compared to the previous recommendation of 2 hours has recently been discussed in detail (2). Non clear fluids, breast milk and milk are not part of this recommendation and should be treated according to institutional or international (3) guidelines.

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References:

1. Thomas M, Morrison C, Newton R, Schindler E. Consensus statement on clear fluid fasting for elective pediatric general anesthesia. *Pediatr Anesth* 2018;28:411-414
2. Frykholm P, Schindler E, Sumpelmann R, Walker R, Weiss M. Preoperative fasting in children: review of existing guidelines and recent developments. *Br J Anaesth* 2018 120: 469-474
3. Smith I, Kranke P, Murat I, Smith A, O'Sullivan G, Soreide E, et al. Perioperative fasting in adults and children: guidelines from the European Society of Anaesthesiology. *Eur J Anaesthesiol*. 2011;28(8):556-69.