

Kevyt aamiainen, sallittua vai sopimatonta?

Satu Poikola 20.9.2018

Practice Guidelines for Preoperative Fasting and the
Use of Pharmacologic Agents to Reduce the Risk of
Pulmonary Aspiration: Application to Healthy Patients
Undergoing Elective Procedures

*An Updated Report by the American Society of Anesthesiologists
Task Force on Preoperative Fasting and the Use of Pharmacologic
Agents to Reduce the Risk of Pulmonary Aspiration*

Anesthesiology 2017; 126:376-93

Fasting Recommendations

Ingested Material Minimum Fasting Period

- Clear liquids 2h
- Breast milk 4h
- Infant formula 6h
- Nonhuman milk 6h
- Light meal** 6h
- Fried foods, fatty foods, or meat. Additional fasting time (e.g., 8 or more hours) may be needed

**A light meal typically consists of toast and clear liquids. Meals that include fried or fatty foods or meat may prolong gastric emptying time. Additional fasting time (e.g., 8 or more hours) may be needed in these cases. Both the amount and type of foods ingested must be considered when determining an appropriate fasting period.

Anesthesiology 2017; 126:376-93

The guidelines may not apply to or may need to be modified for patients with coexisting diseases or conditions that can affect gastric emptying or fluid volume (e.g., *pregnancy, obesity, diabetes, hiatal hernia, gastroesophageal reflux disease, ileus or bowel obstruction, emergency care, or enteral tube feeding*) and patients in whom *airway management might be difficult*

Anesthesiology 2017; 126:376-93

Perioperative fasting in adults and children: guidelines from the European Society of Anaesthesiology

Ian Smith, Peter Kranke, Isabelle Murat, Andrew Smith,
Geraldine O'Sullivan, Eldar Søreide, Claudia Spies
and Bas in't Veld

European Journal of Anaesthesiology 2011, Vol 28 No 8

Fasting in adults and children

Adults and children should be encouraged to drink clear fluids (including water, pulp-free juice and tea or coffee without milk) up to 2 h before elective surgery (including caesarean section)

All but one member of the guidelines group consider that tea or coffee with milk added (up to about one fifth of the total volume) are still clear fluids

Solid food should be prohibited for 6 h before elective surgery in adults and children

Patients with obesity, gastro-oesophageal reflux and diabetes and pregnant women not in labour can safely follow all of the above guidelines

Black or white coffee before anaesthesia?: A randomised crossover trial

European Journal of Anaesthesiology: June 2016;33:457-462

- 32 tervettä vapaaehtoista
- Hypoteesi: maidon lisääminen kahviin ei lisää mahaeritteiden määrää tai nostaa korkeintaan 12 ml
- 2 h ennen MRI-kuvausta 175 ml kahvia
 - Musta kahvi/ 20 % maitokahvi/ 50 % maitokahvi
- Mahaeritteiden volyymi keskimäärin 27.8 ml/17.9 ml/20.6 ml

- Johtopäätös
 - maidon lisääminen (ad 50 % tilavuudesta) kahviin ei lisää tai lisää vain vähän mahaeritteiden määrää 2 h kuluttua juomisesta
 - Tulos tukee vapaampaa suhtautumista maitokahvin juontiin 2 h ennen anestesiaa