

PAEDIATRIC EMERGENCY PROCEDURE FASTING GUIDANCE

The Fasting Improvement Team at the RHC Glasgow are working to minimize the fasting times in children. They have successfully reduced fasting times on Day Surgery patients, and are now expanding their work to emergency patients.

The emergency list changes all the time and so often has patients who are overfasted for prolonged period of time. These patients are at risk of hypoglycaemia (not to mention hunger, thirst, post-operative nausea & vomiting, decreased compliance and trickier venous access).

To try to prevent this prolonged overfasting, all our emergency patients are asked to keep sipping at any non-fizzy sugar-containing clear fluid (or water if they don't like juice) until told by an anaesthetist to stop - Drink Until Called (DUC). The aim will be to keep patients drinking up to one hour before their procedure.

If they are in ED or from another hospital, they can keep sipping until they arrive on the ward in RHC and seen by an anaesthetist. The only exception to this rule would be if they very obviously will need to go to theatre immediately (eg. bowel obstruction, intracranial haemorrhage, testicular torsion).