

Premier Family Dentistry  
Dr. Sweeta Walia  
909 W. Spring Creek Pkwy, Ste 490  
Plano, TX 75023

### N2O/O2 Preprocedure Fasting Guidelines

<b>Ingested Material</b>	<b>Minimum Fasting Period</b>
Clear Liquid	2 hours
Non-human Milk	6 hours
Light meals	6 hours

These recommendations apply to healthy patients who are undergoing elective procedures. They are not intended for women in labor. Following the guidelines does not guarantee complete gastric emptying has occurred. The fasting periods apply to all ages.

Examples of clear liquids include water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee. Because non-human milk is similar to solids in gastric emptying time, the amount ingested must be considered when determining an appropriate fasting period.

A light meal typically consists of toast and clear liquids. Meals that include fried or fatty foods or meat may prolong gastric emptying time. Both the amount and type of food ingested must be considered when determining an appropriate fasting period.