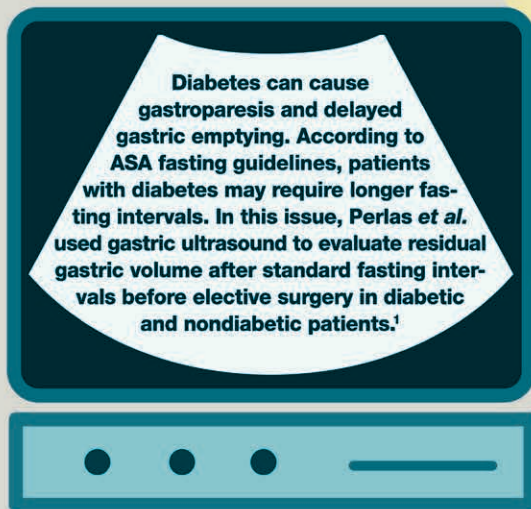


NPO! Ready to Go?



Do Current Fasting Guidelines Ensure Empty Stomach in Diabetic Patients?

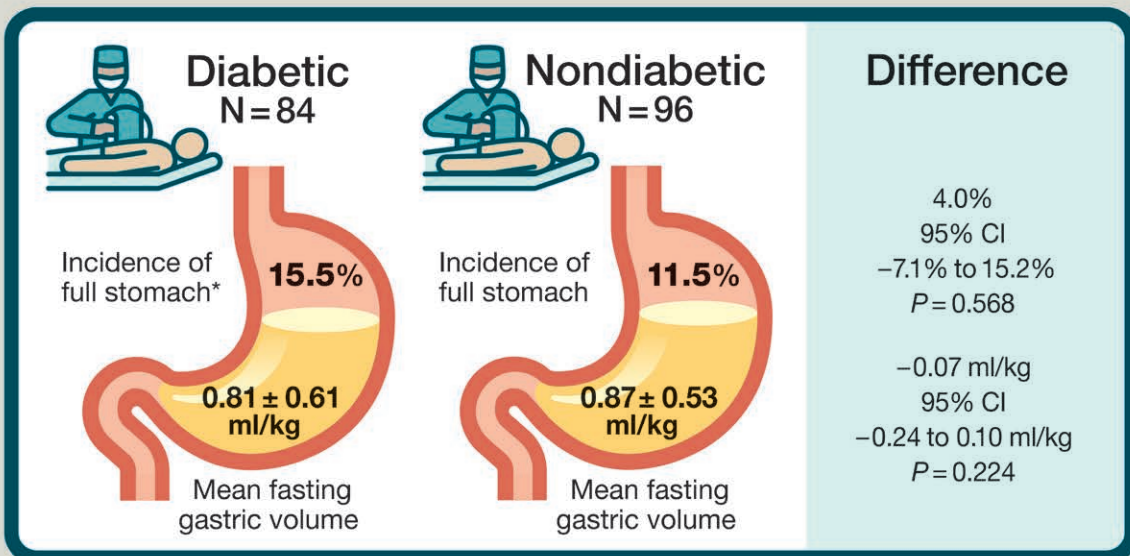


Inclusion:

- Age 18–85 yr old
- ASA Physical Status I–III
- BMI <40 kg/m²

Exclusion:

- Prior GI surgery
- Upper GI disease
- Pregnant



Question for Future Study²



Does administration of glucagon-like peptide-1 (GLP-1) agonists affect safe fasting guidelines?

Conclusion



Fasting guidelines are noninferior in diabetic patients compared to nondiabetic patients with BMI <40 kg/m².

*Full stomach defined as ≥1.5 mL/kg of fluid or solid in the stomach.

ASA, American Society of Anesthesiologists; BMI, body mass index; GI, gastrointestinal; NPO, *nil per os* (nothing by mouth).

Infographic created by Holly B. Ende, Vanderbilt University Medical Center, and Jonathan P. Wanderer, Vanderbilt University Medical Center. Illustration by Annemarie Johnson, Vivo Visuals Studio. Address correspondence to Dr. Ende: holly.ende@vumc.org.

1. Perlas A, Xiao MZX, Tomlinson G, et al.: Baseline gastric volume in fasting diabetic patients is not higher than that in nondiabetic patients: A cross-sectional noninferiority study. *ANESTHESIOLOGY* 2024; 140:648–56

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