

Surveillance proposal consultation document

2018 surveillance of [sedation in under 19s: using sedation for diagnostic and therapeutic procedures](#) (NICE guideline CG112)

Background

NICE recently [consulted](#) on a proposal to not update [sedation in under 19s: using sedation for diagnostic and therapeutic procedures](#) (NICE guideline CG112). In response to stakeholder comments following the consultation we are proposing to refresh [recommendation 1.2.3](#) within the section on fasting.

Proposal

Recommendation 1.2.3 and related footnote currently states:

- Apply the 2-4-6 fasting rule^[5*] for elective procedures using any sedation technique other than those in recommendation 1.2.2 (that is, apply the 2-4-6 fasting rule for deep sedation and moderate sedation during which the child or young person might not maintain verbal contact with the healthcare professional).

[5*] Fasting times should be as for general anaesthesia: 2 hours for clear fluids; 4 hours for breast milk; 6 hours for solids.

We propose to refresh recommendation 1.2.3 and related footnote to state:

- Refer to professional guidance for fasting for elective procedures using any sedation technique other than those in recommendation 1.2.2 (that is, for deep sedation and moderate sedation during which the child or young person might not maintain verbal contact with the healthcare professional)^[5†].

[5 †] Note that in 2018 a change to the 2-4-6 fasting rule (fasting times should be as for general anaesthesia: 2 hours for clear fluids; 4 hours for breast milk; 6 hours for solids) was endorsed by the relevant professional bodies (see for example the Association of Paediatric Anaesthetists of Great Britain and Ireland [consensus statement on clear fluids fasting for elective paediatric general anaesthesia](#)), supporting a reduction to 1 hour of the fasting period for clear fluids.

Reasons for the proposal to refresh the recommendation

During the consultation on the proposal not to update NICE guideline CG112 (September 2018), we received feedback from 2 stakeholders about [recommendation 1.2.3](#), which mentions applying 2-4-6 fasting rule for elective procedures (fasting times should be: 2 hours

for clear fluids; 4 hours for breast milk; 6 hours for solids). The stakeholders highlighted that preoperative fasting of clear fluids for children, currently 2 hours in NICE guideline CG112, should be revised to be in-line with current practice and recent guidance which supports a reduction to 1 hour. We also note the Association of Paediatric Anaesthetists of Great Britain and Ireland [consensus statement on clear fluids fasting for elective pediatric general anesthesia](#) was published in April 2018.

Equalities

No equalities issues were identified that would arise from this decision.

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