

UIC NPO POLICY

Medications:

Unless specific instructions to withhold certain medications are given prior to a procedure, routine medications should be taken as prescribed.

Interventional procedures:

For procedures requiring sedation, NPO requirements are set by the facility's sedation policy. This usually implies NPO for 6 hours prior to the procedure.

For procedures not requiring sedation, NPO is not mandatory. It is recommended to have clear liquids only for 2 hours prior to an elective procedure.

For emergent procedures, exceptions to NPO guidelines can be made based on medical necessity.

CT and MRI:

Enterography procedures require NPO for 4-6 hours prior to the exam.

For all other procedures involving intravenous iodinated or gadolinium contrast, NPO is not mandatory. It is recommended to have clear liquids only for 2 hours prior to an elective procedure.

Ultrasound:

NPO is required for 6 hours prior to ultrasound examinations of the abdomen or pelvis.

Fluoroscopy:

NPO is required for 6 hours prior to GI examinations such as upper GI and small bowel follow through.

Nuclear medicine:

NPO is required prior to certain nuclear medicine examinations such as PET/CT, as per instructions provided prior to the exam.