



HEALTH HOLDING
HAFER ALBATIN
HEALTH CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Clinical Nutrition		
Document:	Policy and Procedure		
Title:	NPO Monitoring		
Applies To:	All Nursing, Dietary staff, Clinical dietitian		
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1. PURPOSE:

- 1.1 To rest the GI tract to promote healing.
- 1.2 To clear GI tract of contents before surgery or diagnostic procedures.
- 1.3 To prevent aspiration during surgery or in high risk patients
- 1.4 To treat severe vomiting and diarrhea.
- 1.5 To treat medical problems such as bowel obstruction or acute inflammation of the GI tract.

2. DEFINITIONS:

- 2.1 The term NPO or nothing by mouth is used when ingestion of food or fluids orally is contraindicated.

3. POLICY:

- 3.1 Every attempt will be made to minimize the length of time the patient will be on "nothing by mouth" without having I.V therapy or oral intake initiated. Patients who are on NPO status waiting tests or other procedures will have the testing or procedure scheduled as early in the day as possible so that normal fluid intake can be resumed.
- 3.2 The nurse will always remain cognizant and evaluate the impact of "NPO" status on the patient's physical status.
- 3.3 The maximum amount of time for a patient to be "NPO" without I.V. fluid therapy will be :
 - 3.3.1 Adult 12 hours.
 - 3.3.2 Children 6 hours.
 - 3.3.3 Infants 4 hours.
- 3.4 Patients receiving general anesthesia food and fluids are restricted and the patient is held NPO after midnight if surgery will be done in the morning due to unforeseen circumstances. However, these procedures are often delayed.
- 3.5 The attending physician should be informed if the patient is receiving insulin therapy before the start of NPO order.
- 3.6 The nurse will give the physician appropriate notice to initiate I.V. therapy.

4. PROCEDURE:

- 4.1 The doctor writes the order for NPO
- 4.2 The nurses should Explain the procedure to the patient to gain patient's cooperation and understanding about the procedure.
- 4.3 Keep all fluids away from the patient's bedside to ensure the patient will not take any fluid after NPO initiated.
- 4.5 Ensure patient take his last meal before 12 midnight to prevent him from the starvation if the operation will be delayed.

5. MATERIALS AND EQUIPMENT: (on the system)

- 5.1 Clinical note
- 5.2 Nutrition Assessment And Re-Assessment Form

6. RESPONSIBILITIES:

- 6.1 Doctors are responsible for giving NPO orders.
- 6.2 Clinical Dietitians ,Dietary staff and nurses follow doctors order.

7. APPENDICES:

N/A

8. REFERENCES:

- 8.1 King Salman Hospital, NPO ORDERS (Nothing by Mouth), APP-GNR-245, 15/9/1437h.
- 8.2 Central Board of Accreditation for Healthcare Institutions (CBAHI) Standards

9. APPROVALS:

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