



# **Peninsula Dental Social Enterprise (PDSE)**

## **Policy Code Fasting of Patients policy Version 2.0**

Date approved: December 2019

Approved by: The Board

Review due: December 2022

Policy will be updated as required in response to a change in national policy or evidence-based guideline.

## **Fasting of Patients Policy**

PDSE recognises that patients may need to fast before or after a dental procedure for safety reasons. This policy outlines when fasting is advisable and how it should be managed.

Patients are required to fast only to ensure their safety.

Examples of this are:

- Fasting prior to inhalation sedation to prevent inhalation of vomitus as sedation reduces the gag reflex.
- Fasting after an inferior dental nerve block to avoid trauma to an anaesthetised lip or tongue until the anaesthetic has worn off.
- Fasting after a dental extraction to prevent the blood clot becoming dislodged.

Patients are required to fast for the minimum amount of time necessary.

Patients are encouraged to eat and drink as normal outside of the fasting period.

1. Appointments for diabetic patients which require a fasting period must be scheduled following discussion with the patient so that they can follow their normal eating and medication routines as closely as possible.
2. Appointments which require fasting for patients who are fasting for religious or cultural purposes must be scheduled following discussion with the patient to allow them to follow their practices as closely as possible.
3. Appointments, or particular dental procedures, may be cancelled if patients have not followed pre-op fasting requirements if their safety could be compromised.
4. Staff may offer a sugar solution to patients who become unwell as a result of fasting.
5. Fasting requirements are explained verbally to patients and/or their carer and are given in writing on appointment letters or post-treatment instruction sheets.