CORRESPONDENCE

Fluid management issues in Enhanced Recovery After Surgery and Canadian Anesthesiologists' Society standards

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To the Editor,

Drs. Miller, Roche, and Mythen have provided an excellent review of the role of fluid management in Enhanced Recovery After Surgery (ERAS) programs¹ that should help Canadian anesthesiologists navigate this issue. Nevertheless, these authors have slightly misstated the issue of preoperative fasting and drinking in stating that the 1999 American Society of Anesthesiologists' (ASA) guidelines "recommend intake of clear fluids".² While Canadian anesthesiologists do not often refer to ASA guidelines but defer instead to our more topical Canadian document,³ the Canadian Anesthesiologists' Society (CAS) guidelines, and even the more recent ASA document,⁴ do not actually "recommend" clear fluids. Rather, both documents refer to "allowing" clear fluids up to two hours preoperatively. This is in contrast to the European Society of Anaesthesiologists guidelines which state that "adults and children should be encouraged to drink clear fluids" preoperatively.⁵

Dr. Roger Maltby is widely credited with the modern discussion of this issue in the 1980s and 1990s.⁶ He has recommended (personal communication) that the CAS consider modifying the Canadian guidelines to encourage the consumption of preoperative clear carbohydrate fluids

in light of the metabolic benefits reviewed elsewhere in this issue. The CAS Committee on Standards is actively considering this suggestion.

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This letter is accompanied by a reply. Please see *Can J Anesth* 2015; 62: this issue.

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