

## **ORAL INTAKE AND ANTACID PROPHYLAXIS IN LABOUR**

### **In Labour:**

- In uncomplicated 'low-risk' labour, light food and drinks are allowed
- However, if opioid or epidural analgesia is given, or in complicated 'high-risk' labour, only clear non-carbonated drinks (e.g. isotonic sports drinks such as Lucozade) or still water are allowed
- Those at high risk of surgical intervention (e.g. pre-eclampsia, VBAC, previous poor obstetric history) should receive ranitidine 150 mg orally every six hours during labour

### **If the patient is prepared for emergency caesarean section:**

- Esomeprazole 40 mg IV given over 3 minutes and Metoclopramide 10 mg IV as soon as the decision to proceed is made
- If for GA, sodium citrate 30 mls PO should be given on arrival in theatre prior to pre-oxygenation

