Objective: To investigate the gastric emptying of an oral supplement containing carbohydrate plus whey protein drunk before sedation for gastroscopy. Methods: This is a randomized double-blind trial including adult patients (ages 18-65) with a chief complaint of epigastric burning and who were candidates to elective gastroscopy. After overnight fast subjects were randomized to drink 200 mL of an oral nutritional supplement containing maltodextrine in addition to whey protein 150 to 210 min before the gastroscopy (intervention group, n = 12) or to undergo the endoscopic procedure with no supplement (control group, n = 12). The residual gastric volume (RGV) suctioned and measured during the exam was the main endpoint of the study. Results: There were no complications during all exams. The median (range) fasting time was greater (P < 0.001) in control group (770 min, ranging from 660-917 min) than in the study group (175min ranging from 150 to 210 min). The median (range) RGV was similar in between the two groups (control group: 25 (10-70) mL versus intervention group: 10 (0-100) mL; p = 0.32). Conclusion: Gastric emptying 150-210 min after the ingestion of an oral supplement containing carbohydrate plus whey protein is similar to an overnight fasting condition. Although limited by the number of cases, the sedation for endoscopic procedures is safe with this fasting protocol. (Nutr Hosp. 2014;29:681-686) DOI:10.3305/nh.2014.29.3.7161

Keywords