

## Mayo Clinic Minute

### Fact or fiction: You should wait 30 minutes to swim after eating

Video	Audio
	It's advice parents have been giving their children for generations.
00:33:10	"So, when I was growing up, I remember my mother telling me, you know, not to go in the pool until it was 30 to 60 minutes after I had my last meal."
	Dr. Michael Boniface, an emergency medicine physician at Mayo Clinic, says he remembers the anticipation all kids experience waiting for those 30 to 60 minutes to pass before he could jump back in the water.
00:33:28 <b>Michael Boniface, M.D.</b> <b>Emergency Medicine</b> <b>Mayo Clinic</b>	"The old feeling was that, after you eat, some of the blood may be diverted to your gut so that you can digest, diverting the bloodstream away from your arms and legs. And you may get tired or fatigued, and be more likely to drown."
	But is this recommendation to wait based on fact or fiction?
00:33:10	"And we know now that really there is no scientific basis for that recommendation."
00:33:28	"You may end up with some stomach cramping or a muscle cramp, but this is not a dangerous activity to routinely enjoy."
	So while it may not be the most comfortable thing to go for a swim with a full belly, the world won't end if you ignore your mom's advice just this once and don't wait 30 to 60 minutes.
	For the Mayo Clinic News Network, I'm Ian Roth.