Supplementary Fig. 3. Forest plots of hour to a regular diet.

| Study or Subgroup | Epidural group | IV group | Mean Difference | Mean Difference |
|-------------------|----------------|----------|-----------------|-----------------|
|                   | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed | 95% CI      | IV, Fixed | 95% CI      |
| St Peter 2012     | 18.5 | 14.2 | 55    | 19.9 | 16.2 | 55    | 77.8%   | -1.40     | [-7.09, 4.29] |           |             |
| Sujka 2020        | 27.3 | 25.6 | 32    | 22.7 | 17.3 | 33    | 22.2%   | 4.60      | [-6.05, 15.25] |           |             |
| Total (95% CI)    | 87   |     |       | 88   |     |       | 100.0%  | -0.07     | [-5.09, 4.95] |           |             |

Heterogeneity: Chi^2 = 0.95, df = 1 (P = 0.33); I^2 = 0%
Test for overall effect: Z = 0.03 (P = 0.98)