

Fasting Guidelines – When and What You Are Allowed to Eat and Drink before Your Operation



Information for Patients Surgery & Critical Care



Introduction

The aim of this leaflet is to inform you of when and what you are allowed to eat and drink before your operation.

Benefits

If you are having a **general anaesthetic** (being put to sleep for your operation), a **spinal anaesthetic** or an **epidural**, you must follow these instructions:

- It is important not to eat six hours before the anaesthetic
- We advise you to drink clear fluids which include water, squash (without bits in), or tea / coffee **without milk** up to two hours before the anaesthetic

Morning Operation

Please do not eat after 2.30 am.

You must not have fizzy drinks or pop after 2.30 am.

You can have clear fluids which include water and juice (without bits in) and tea / coffee **without milk** before 6.30 am.

Do not use chewing gum, or suck on sweets.

Afternoon Operation

Please do not eat after 7.30 am.

You may have your usual breakfast with tea or coffee to finish by 7.30 am.

You should not have fizzy drinks or pop after 7.30 am.

You can have clear fluids, which include water/juice (without bits in) and tea / coffee **without milk** before 11.30 am.

Do not use chewing gum, or suck on sweets.

Food takes many hours to digest in the stomach. If there is food in your stomach, you have a higher chance of being sick when you are given your anaesthetic. This can be very dangerous as food may enter your lungs and cause damage.

Medication

It is important to follow the instructions of a doctor or pre-assessment nurse with regards to continuation of your regular medications.

Some medications might have to be stopped before your operation (e.g. blood thinning tablets such as Warfarin / Clopidogrel) and sometimes may be replaced with alternative medication.

Contact Details for Further Information

If you have any questions about any of the information provided, please contact Pre-Assessment on:

Grimsby 03033 304316, or

Scunthorpe 03033 302775, or

Goole 03033 304112

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole).

You can also contact nlg-tr.PALS@nhs.net

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