



Scan with your smartphone to get an e-version of this leaflet. You might need an app to scan this code.



Fasting before your operation

***Information for
patients and carers***

Pre-Operative Assessment Clinic

What is this leaflet for?

This leaflet gives you instructions on when you have to stop eating and drinking before your surgery. Stopping eating and drinking is often called “fasting”.

On the day of your operation

As you will have an anaesthetic, it’s important to you stop eating and drinking before surgery.

Short fasting periods can improve your comfort and recovery.

Please follow the instructions on pages 2 to 4 of this leaflet unless your anaesthetist gives you different advice.

Medication

Please take all your usual medication with clear fluids unless the pharmacist, doctor or nurse at the pre-operative assessment clinic has told you not to.

Instructions

Your letter with your date of surgery also tells you if your surgery is in the morning or afternoon.

The instructions on the next two pages are divided into morning and afternoon – make sure you follow the correct advice.

Please follow the instructions carefully, or your operation might have to be cancelled.

If your operation is in the MORNING

1. On the day of your operation, you can eat light food until 2.30am.
2. Drink clear fluids until 6.30am (see below for examples of clear fluids).
3. Take a **final drink** at 6.30am, consisting of approximately 250ml of clear fluid.

Clear fluids can include:

- Water
- Diluting juice
- Tea or coffee with or without milk
- Fruit juice without pulp or particles
- A special carbohydrate drink (known as Preload®) if you received this at the pre-operative assessment clinic or from nurses on the ward.

If your operation is in the AFTERNOON

1. On the day of your operation, please have a light breakfast before 6.30am. A light breakfast could be toast and/or cereal with milk, and tea/coffee with or without milk.
2. Drink clear fluids until 11.00am (see below for examples of clear fluids).
3. Take a **final drink** at 11.00am, consisting of approximately 250ml of clear fluid.

Clear fluids can include:

- Water
- Diluting juice
- Tea or coffee with or without milk
- Fruit juice without pulp or particles
- A special carbohydrate drink (known as Preload®) if you received this at the pre-operative assessment clinic or from nurses on the ward.

Contact details

If you have any questions about your fasting instructions please contact your consultant's secretary:

Name:



.....

For more information about surgery, see our website below or scan the code opposite:

www.nhsgrampian.org/fitsurgery



**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1651.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.