

# SIP TIL SEND

## Patient Information

## Fluid Intake Before Anaesthetic

**Unless instructed otherwise, before anaesthesia you can drink the clear fluids listed below:**



**WATER**



**CLEAR  
APPLE JUICE**



**ICE**

**Adults can sip up to:  
200mL (1 CUP)  
PER HOUR**

**Children can sip up to:  
3 mLs per kg  
PER HOUR**



### How much can I drink?

As an adult, you can sip from a standard ward cup (200ml) every hour.

Your child can have 3mLs per Kg every hour to sip on. Staff will tell you how much this is if you're unsure.



### What are the instructions for food?

You should not eat for 6 hours before your procedure. This includes thickened fluids, broths, milky drinks and sweets/lollies (even if only sucking them).



### How do I know when to stop sipping?

You can continue to sip fluids until the operating theatre say it is time to go in for your procedure.

If you are a day patient, you can drink until you are admitted to the DPU unit.



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