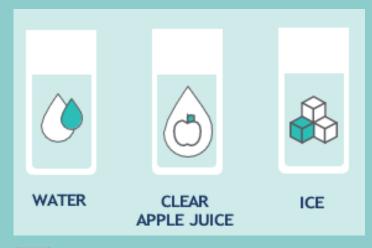
SIP TIL SEND

Patient Information

Fluid Intake Before Anaesthetic

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



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.



