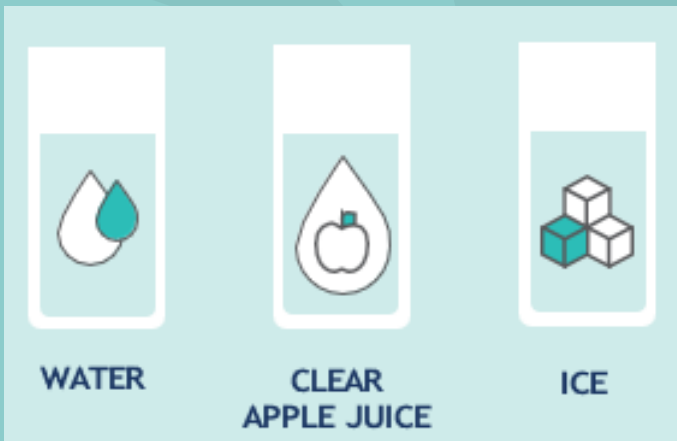


Patient Information

SIP TIL SEND

Fluid Intake Before Anaesthetic

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**

Exclusions

No food or fluids to be taken for a medical or surgical reason (e.g. stroke, bowel obstruction)

On GLP-1 agonists (e.g. Ozempic) - diabetes itself is not an exclusion



How much can I drink?

Adult: you can sip from a standard ward cup (200ml) every hour.

Children: 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?

Adults and Children over 16 years:
Fast for 6 hours before the procedure.

Children:

- Less than 6 months: fast for 4hrs for formula or 3hrs for breast milk
- Greater than 6 months: 6 hours for formula and solid food or 4 hrs for breast milk



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.

