

I need an operation  
**CAN I EAT AND DRINK?**

It is very important that you have an empty tummy when you come for an operation or procedure so that we can look after you safely.  
**There are some rules to follow... do you think you can remember them?**

**It is important that you follow the instructions on this poster...**

if you don't the doctors and nurses won't be able to keep you safe during your anaesthetic and might have to cancel your procedure or operation.

**RULE 1**  
**No food for 6 hours before your operation**

**RULE 2**  
**Sip water until you come to the hospital**

**RULE 3**  
**Ask the doctors and nurses if you are not sure!**

**DRINKS**

**Water** **OK**

You can sip water slowly right up until you come to the hospital for your operation or procedure.

**Diluted juice** **OK**

You can drink diluted juice (NO BITS) right up until you come to hospital for your operation or procedure.

**Fresh juice or juice with bits** **up to 6hrs before**

you must not have this for 6 hours before your operation or procedure.

**Fizzy drinks** **up to 6hrs before**

you must not have these for 6 hours before your operation or procedure.

**Milk or Milkshakes** **up to 6hrs before**

you must not have this for 6 hours before your operation or procedure.

**Tea and Coffee** **up to 6hrs before**

If you have this without milk you can sip it right up until you come to hospital for your operation but if there is milk in it (even a little bit) then you must not have it for 6 hours before your operation or procedure.

**Formula milk** **up to 6hrs before**

you must not give this to your baby or child for 6 hours before your operation or procedure.

**Breast milk** **up to 4hrs before**

Breast milk is easier to digest so this can be given to your baby or child up to 4 hours before surgery.

**Clear carbohydrate or build up drinks (Nutrica Pre op, Preload, Vitaflo)** **up to 2hrs before**

You can have these up to two hours before your procedure or operation.

**Dioralyte or Pedialyte** **OK**

you can sip these right up until you come for your operation or procedure.

**MEDICATIONS**

**Please take all of your usual medicines on the morning of surgery**

(and then bring them with you to the hospital) unless you have been told not to by the nurses in the pre assessment clinic or by your surgeon. If you are not sure whether to take something, just ring us and ask.

**We love to chat!**

**Please have a drink of water or diluted juice without bits before you leave your house to come to the hospital.** You might not feel like it but you will feel a lot better if you do!

**Most of the time you will be able to eat after your operation, although sometimes we might make you wait a bit so that your tummy has recovered before you do... so make sure you bring some of your favourite foods to tuck in to!**

**FOOD**

**Sweets** **up to 6hrs before**

no sweets for 6 hours before your procedure or operation.

**Food** **up to 6hrs before**

no food for 6 hours before your procedure or operation.

**Chewing gum** **up to 2hrs before**

no chewing gum for 2 hours before your procedure or operation.

**Ice lollies and ice cream** **up to 6hrs before**

no ice lollies or icecream for 6 hours before your procedure or operation.

**Jelly** **up to 6hrs before**

no jelly for 6 hours before your procedure or operation.

**Honey** **up to 6hrs before**

no honey for 6 hours before your procedure or operation.

**Build up milky drinks** **up to 6hrs before**

no build up drinks or soups for 6 hours before your procedure or operation.

**Baby purees or baby rice** **up to 6hrs before**

these are food so you can't have these for 6 hours before your operation or procedure.

**Liquid thickeners** **up to 6hrs before**

no thickened fluids for 6 hours before your operation or procedure.

**PEG or NG feeds** **up to 6hrs before**

These need to be stopped 6 hours before the operation or procedure but clear water can still be given down the PEG or NG if needed right up until you come to the hospital.

**It is OK to clean your teeth before you come to the hospital** you can use children's mouthwash too – just don't swallow it!

**If you make a mistake and eat or drink something that you shouldn't have... don't worry... just tell us and we can sort it out so that you stay safe.**

**If you are not sure what you can eat or drink please just give us a call on 01642 854927 we love to chat.**