

SIP 'TIL SEND

Fluid intake before anaesthesia and surgery

Adult patients waiting for **Elective** or **Emergency** surgery can sip clear fluids continuously until they are sent for theatre.

This includes



Water or
squash



Clear juice without "bits"
No fizzy drinks



Black tea or coffee
without milk

BENEFITS

- Reduces prolonged fasting
- Improves patient hydration
- Increases patient satisfaction

WHAT ABOUT FOOD?

The fasting instructions for food have not changed. Patients should not eat food or have milk for **6 hours** before their surgery.

EXCEPTIONS



Patients who are **nil by mouth** for **other medical or surgical reasons**. If unsure, please ask the team looking after the patient.



Patients should be encouraged to **Sip 'Til Send** but not forced to drink if they feel unwell.

Patients can have
up to
150ml
PER HOUR
of fluid until sent for
theatre.