

Sip Til Send

WHAT IS IT?

A new approach to preoperative drinking for adult patients

Patients can continue to sip clear fluids until sent to theatre

Avoids prolonged periods of fasting

Keeps patients hydrated before theatre

Staying hydrated helps patients feel better

Reduces headaches, nausea and anxiety

WHAT YOU NEED TO KNOW

Encourage patients to sip from one 170ml glass of clear fluids refilled every hour

Clear fluids include water, diluting juice/squash and fruit juice without pulp or bits

Patients may be offered a cup of tea or coffee with up to 15mls of milk on arrival on the morning of surgery at the discretion of the anaesthetic team

If a patient requires different instructions their anaesthetist will inform the ward



Simple, Safe, Kind





S i P

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