**SipTilSend -** A recommended protocol

|  |  |
| --- | --- |
| For **6 hours** before surgery | No food. No chewing gum. No sweets. No fizzy drinks. No soup.(Infants may have breast milk until 3 hours before surgery.) |
| **From 6 hours** before surgery **until 2 hours** before surgery | You may drink unlimited clear fluids: water black tea or black coffeesquash or juice without bitsSome hospitals may give you carbohydrate drinks. |
| **From 2 hours** before surgery until the operating theatre team ‘send for’ the patient**‘Sip Til Send’** | * You may sip slowly on clear fluids: water

black tea or black coffeesquash or juice without bits* **Up to 170mls per hour** (that’s a standard NHS cup) until the operating team send for you
* For a child: up to 3ml per kilogram body weight per hour (up to 170ml per hour if 55k+). No fluids for 1 hour before anaesthesia.
 |
| This applies to all patients unless a senior clinician has requested an “opt out” for an individual patient or procedure (eg Transoesphageal Echocardiogram or Gastroscopy should have no fluid for 2 hours). |
| This also applies to patients having sedation. |

Please see the ‘[SipTilSend’](https://cpoc.org.uk/sip-til-send) webpage. The above protocol is a pragmatic resource to enable any UK hospital to start SipTilSend to benefit patients. We encourage NHS sites to add this as an appendix to fasting or sedation policies. Many hospitals and organisations will be happy to share their resources. @SipTilSend

Local variations:

* Some hospitals allow tea or coffee with up to 15ml of milk.
* If a patient has been chewing gum or eating sweets, the anaesthetist or sedation prescriber should decide to cancel or not, balancing risks.
* Some hospitals allow patients to bring water bottles to drink freely up till 2 hours before surgery, but bottles can contaminate water coolers, and it can be difficult to assess the amount drunk.

References:

1. <https://esaic.org/guideline/pre-operative-fasting-in-children/>
2. [https://www.bjaopen.org/article/S2772-6096(24)00075-3/fulltext](https://www.bjaopen.org/article/S2772-6096%2824%2900075-3/fulltext)
3. <https://www.shfa.scot.nhs.uk/Resources/_docs/SHFA-SipTilSend-v1.1-November-2021.pdf>
4. <https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/10.1002/anr3.12271>
5. <https://www.sciencedirect.com/science/article/pii/S2772609624000261>
6. <https://pubmed.ncbi.nlm.nih.gov/37982593/>
7. [https://www.bjanaesthesia.org/article/S0007-0912(19)31004-9/fulltext](https://www.bjanaesthesia.org/article/S0007-0912%2819%2931004-9/fulltext)
8. **Video** from Derby and Burton: <https://youtu.be/ZYc3LN2hILU>
9. **Video** from Tayside: <https://www.youtube.com/watch?v=NlxgPRmtQLk>
10. Media release from Derby and Burton: <https://www.uhdb.nhs.uk/latest-news/new-fasting-guidance-allowing-adults-to-sip-water-before-surgery-or-procedure-launched-across-uhdb-16895/>
11. Information from South Tees: <https://www.southtees.nhs.uk/resources/sip-til-send/>
12. Information from Aneurin Bevan University Health Board: <https://abuhb.nhs.wales/news/news/sip-til-send-new-fasting-guidance-allowing-patients-to-sip-water-before-surgery-or-procedure-launched/>
13. Information from Victoria, Australia: <https://www.safercare.vic.gov.au/best-practice-improvement/clinical-guidance/non-urgent-elective-surgery/sip-til-send-fluid-fasting>
14. Information from New South Wales <https://aci.health.nsw.gov.au/networks/anaesthesia-perioperative-care/resources/sip-til-send>
15. Information from Dublin <https://www.hse.ie/eng/about/who/acute-hospitals-division/hospital-groups/dublin-midlands-hospital-group/news/-sip-til-send-new-fasting-guidance-allowing-orthopaedic-patients-to-sip-water-before-surgery-launches-in-tullamore-hospital.html>
16. Policy from Leicester: <https://secure.library.leicestershospitals.nhs.uk/PAGL/Shared%20Documents/Pre%20Operative%20Fasting%20for%20Adults%20and%20Children%20UHL%20Guideline.pdf>
17. Resources about DrEaMing from PQIP: <https://pqip.org.uk/pages/dreamwebnov22>