Fasting before your surgery or procedure – Adults & young people 16+ years

Capital & Coast District Health Board
ŪPOKO KI TE URU HAUORA

Patient Information

Anaesthesia & Pain Management

Eating & Drinking

It is important for your safety to follow these eating & drinking instructions carefully - otherwise your surgery or procedure could be delayed or cancelled.

It is important to stop eating and drinking at the correct times. ***Early enough to allow your stomach to be empty but late enough to keep you hydrated.***

If you are due for your surgery or procedure on a *morning* or *all day* list

- Stop all food (including milk) from **2am** (the night before)
- After **2am**, continue with just water until **6am**. If still awake it is safe to drink one glass or cup of water per hour. An easy idea is to have a glass or cup of water after you wake up, and have it finished by **6am**
- Then nothing at all by mouth after **6am** - no liquids, chewing gum, sweets or lollies.

If you are due for your surgery or procedure on an *afternoon* list

- You can have a light breakfast (such as toast, cereal, fruit, milk, tea, coffee) the morning of your surgery or procedure, but it must be finished by **6.30am**. ***Not fatty or fried food.***
- After **6.30am**, continue with just water until **10.30am**. It is safe to drink one glass or cup of water per hour. Have your last glass of water finished by **10.30am**.
- Then nothing at all by mouth after **10.30am** - no liquids, chewing gum, sweets or lollies.

In some specific cases for your benefit – medical or nursing staff may decide to change the times for, amounts of or types of drinks that you can have.

Medicines

It is important for your safety to follow these instructions carefully - otherwise your surgery or procedure could be delayed or cancelled.

Take all your routine medicines by mouth during the time you are allowed to drink water ***(unless told otherwise – see below).***

If you find you have to take a medicine (or are asked by medical or nursing staff to take a medicine) **less than 2 hours** before your surgery or procedure, it is safe to take sips of water to help you swallow tablets.

In many cases, medical or nursing staff will give you special instructions about some or all of your medicines – It is important to follow these instructions.

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If you have any questions please contact:

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