

Eating, drinking, and fasting before your surgery

Trustwide clinical

Information for Patients

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Introduction

This leaflet is about fasting for adults on the day of your surgery, and how you can prepare well in the days before your surgery. You must follow the instructions given in this leaflet.

Planning for your surgery

Your body needs to repair itself after surgery. Eating a healthy diet in the days and weeks before and after your surgery can help. The Eat-well Guide has useful information www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Depending on the type of surgery you are having, some patients may be advised to follow a special diet in the days or weeks before surgery. For example, patients having major bowel surgery or weight loss surgery. Your nurse can confirm this at your pre-operative assessment.

Please let us know if you have any special dietary needs. We can then ensure that this is added to your plan of care while you are in hospital.

The day before your surgery

You may eat and drink normally the day before your surgery. You can have a carbohydrate snack before you go to bed unless you have been told otherwise by your nurse or doctor.

To avoid becoming dehydrated, make sure you drink plenty of fluids in the days before your surgery. This will help to reduce the likelihood of feeling sick and may help avoid complications such as blood clots and kidney damage. 6 to 8 glasses of fluids per day is recommended and this can include, water, squash, tea and coffee, although avoid sugary and fizzy drinks.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Not drinking alcohol 2 days (48 hours) before your surgery will also reduce the risk of dehydration.

On the day of your surgery

You must follow the fasting instructions given at your preoperative assessment. If there is food or liquid in your stomach during your anaesthetic, it could come up into your throat and lungs and may risk your life. Fasting longer than you need to can mean you feel more unwell, cause dehydration and delay your recovery, so follow the instructions given carefully.

If you are asked to come in for surgery in the morning:
Eat your normal evening meal and have a carbohydrate snack before bedtime unless advised otherwise
<i>Carbohydrate snack could include either: toast, bowl of cereal, porridge, pitta bread, naan bread and hummus, roti, banana and yogurt or a cereal bar</i>
Do not eat food after 02:00am
Continue to drink still water only until 06:00am and have a final glass of water at that time
Do not chew gum on the day of your surgery
Take your medication with a sip of water (30ml) as advised by your pre-operative assessment nurse

If you are asked to come in for surgery in the afternoon

Eat your normal evening meal

Have a light breakfast* on the day of your surgery finishing before 07:00 unless told otherwise

**Slice of white toast light buttered, dosa, parotta, or small bowl of light cereals such as corn flakes or Rice Krispies with semi-skimmed or skimmed milk.*

Tea or coffee with a small amount of milk.

No fried, fatty, high fibre or cooked foods.

If you have any special dietary requirements please discuss this with your nurse at your pre-operative assessment who can advise you

Continue to drink still water only until 11:00am and have a final glass of water at that time

Do not chew gum on the day of your surgery

Take your medication with a sip of water (30ml) as advised by your pre-operative assessment nurse

If you are on medicines or insulin for diabetes you will be advised at the time of your pre-operative assessment. If you are unsure or have not been given advice on how to adjust your medicines around the time of your surgery, then please contact your diabetes service to seek support .

When you arrive at the hospital

You will likely be on a theatre list with other patients. They are also asked to arrive at the same time. This allows the ward staff time to prepare patients for their surgery and ensure that they are seen by the theatre team before the surgery session starts. You will then be told the time of 'your' surgery .

If there is time it may be possible to have a further drink of water and your nurse will be able to advise you of this on the day. Please ask your nurse or anaesthetist when you arrive.

Carbohydrate drinks

Depending on the surgery you are having you may be advised by your pre-operative assessment nurse to have carbohydrate drinks before your surgery. Taking carbohydrate rich (sugary) drinks before your surgery has been shown to reduce your hunger and thirst and help you recover more quickly. Not all patients can have carbohydrate drinks due to other health conditions such as diabetes. If they are suitable for you to take, the pre-operative assessment nurse will give you a patient information leaflet and explain how and when to take the carbohydrate drinks before your surgery.

After your surgery

Maintaining a healthy diet after your surgery is an important part of your recovery. Unless you have been told otherwise by your Doctor or Dietitian, continue to follow a balanced diet. If you have any problems managing your food, your appetite is poor, or notice a change in your weight, speak to your GP.

Leaflet 963 has more information: Eating enough to support your recovery at home <http://yourhealth.leicestershospitals.nhs.uk/library/csi/dietetics/1160-eating-enough-to-support-your-recovery-at-home/file>

Contact us

The nurse will confirm your eating and drinking (fasting) instructions as part of your pre-operative assessment. Please contact us if you are still unsure of your fasting instructions or if you have any other questions.

Telephone:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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