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### **PRE SURGERY INSTRUCTIONS AND ADULT FASTING GUIDELINES**

Here are some instructions to help you prepare for this. **Avoid smoking** for at least two weeks before the operation as this will interfere with healing. If there any questions, please contact the rooms.

The goal of fasting in healthy patients undergoing surgery is to minimise the volume of stomach contents while avoiding unnecessary thirst and dehydration. Clinically significant aspiration is rare in healthy patients having elective surgery. Please follow these instructions, and only vary them if contacted by the surgeon or anaesthetist.

#### **Elective surgery and anaesthesia**

- A light meal may be taken **6 hours prior to** anaesthesia. Please do not consume milk drinks, food, lollies, jelly or chewing gum for 6 hours before anaesthesia. Up to 200ml per hour of clear fluids (see below) **up to 2 hours** before anaesthesia may be taken.
- Clear fluids: Fluids which are transparent. They include glucose-based drinks, clear cordials, black tea or coffee, and clear juices. They do not include milk-based or particulate products, such as orange juice.

#### **Medication**

- Please continue regular oral medications unless otherwise requested by the treating doctor or anaesthetist. Medications can be taken with a sip of clear fluid – even within 2 hours of surgery.
- Patients with diabetes will have special requirements. Their endocrinologist or GP should make a written perioperative management plan for fasting, tablet medications and insulin prior to surgery.
- Blood thinners (except for aspirin) need to be stopped before surgery. Please clarify with your surgeon as to when.

#### **Timing of admission**

- Morning operation: List starts at 0800: Please fast from midnight for food or milk and continue clear fluids until 2 hours before your procedure.
- Afternoon operation: List starts at 1330: Please fast from 0730 for food or milk and continue clear fluids until 2 hours before your procedure.

#### **Emergency surgery and anaesthesia**

- The fasting plan should be discussed at booking. Whilst awaiting surgery the fasting plan should be reviewed at intervals with the anaesthetist to minimise dehydration.