Day Case Unit, E ward, G ward
Horton General Hospital

Fasting before a general anaesthetic / ward admission
8am instructions
Information for patients
What this leaflet is about

This leaflet tells you about not eating or drinking (fasting) before a general anaesthetic. It also tells you what to bring with you for your admission. Fasting from food or drink is sometimes called ‘nil by mouth’. This leaflet is for adults only and is based on the guidelines supplied by NICE (National Institute for Clinical Excellence). Separate information is available for children.

Fasting from food also includes not eating soup or sweets, chewing gum or taking milk in tea or coffee. You may be asked to drink clear fluids only.

Definition of clear fluids
Water, weak black tea or black coffee, weak cordial /squash.

Why is fasting important?

Fasting is important to avoid complications during your operation and anaesthetic. This leaflet only tells you about fasting before your operation. Individual information will be provided by the nurses on the ward for after your surgery, specific to the type of procedure that you will be having.

Before your operation

• Bring all of your prescribed medication with you on your admission to the hospital. Tell the doctors and nurses about all of the medication you are taking.

• Please take a bath or shower on the morning of your admission.

• Please remove any makeup or nail varnish – if you have acrylic nails, please remove the nail varnish from at least two fingers. The nails can be left in place.

• You will not be able to wear contact lenses for the operation so please bring any containers / solutions that you may need. Alternatively, wear normal glasses.

• Please remove all jewellery; wedding rings only may be left on. Do not bring any valuables with you, as we cannot be held responsible for them.
• Please make sure that you have a supply of **paracetamol and ibuprofen** at home for after your operation, unless you are unable to take these painkillers for any reason. These can be purchased from any chemist or supermarket.

**Morning admissions – for 8am**

• Please take any prescribed medication as normal unless told otherwise by the pre-operative assessment nurse.

• It is very important that you do not have anything to eat after 3am. Please eat normally the day before your admission, unless told otherwise.

• You can drink as much clear fluids as you want up until 7am, unless told otherwise by the pre-operative assessment nurse.

**Where to go**

Please arrive on the ward specified on your admission date letter. The date, time and where to go will be on a separate sheet of paper enclosed with this information leaflet.

**What to bring with you**

**Day case unit** – please bring a dressing gown and slippers as there will be a short walk to the operating theatre. Loose clothing is advised after your operation.

**E ward** – Please bring a dressing gown and slippers. You will also need to bring your own personal toiletries and towel. **Please telephone the ward on 01295 229239 on the morning of your admission to check that there is a bed available for you.**

**G ward** – Please bring a dressing gown and slippers. You will also need to bring your own personal toiletries and towel. You will also need a supply of basic sanitary towels (not ultra absorbent). **Please telephone the ward on 01295 229088 on the morning of your admission to check that there is a bed available for you.**
After your operation

Specific instructions about eating and drinking will be provided by the nurse looking after you and will relate to your own personal requirements.

Discharge will depend on your own personal circumstances and will also relate to the type of operation that you have had.

A responsible adult will need to accompany you home and may need to stay with you for the following 48 hours.

There is no set time for discharge so somebody will need to be available all day to take you home. They will be contacted with a specific time for collection when this is known.

Your surgery may be cancelled if you do not have a responsible adult to care for you for 48 hours once you are home or if you do not follow the above instructions regarding fasting times.

How to contact us

Day Case Unit 01295 229383
E Ward 01295 229214 / 229239
G Ward 01295 229088 / 229090

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@orh.nhs.uk

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