Fasting information for adult plastic surgery trauma patients

You have been scheduled for an operation by the Plastic Surgery Trauma Team. Your operation will involve you having a general anaesthetic, which will make you go to sleep. This information sheet will provide you with the fasting (or ‘nil by mouth’) advice you must follow before your surgery.

Why is fasting important?

Please make sure that you follow the fasting (starving) instructions detailed in this leaflet. Fasting is very important before an operation. If you have anything in your stomach whilst you are under anaesthetic, it might come back up while you are unconscious and get into your lungs.

If you do not follow the advice provided in this information sheet, your operation may be cancelled or delayed.

Fasting instructions:

**FLUIDS** (for example, tea or coffee with milk, fruit juice with bits):
Allowed up to **SIX** hours before your operation.

**SOLID FOODS** (including soups, milk, sweets and chewing gum):
Allowed up to **SIX** hours before your operation.

**CLEAR FLUIDS** (for example, water, clear tea or coffee without milk, fruit juice with no bits, sugar-free squash):
Allowed up to **TWO** hours before your operation.

Medications:

You should continue to take your regular medication unless advised otherwise by your doctor (you can use up to 30ml water (in total) when taking your medications).

Changes to your operation time

If your operation is delayed, you will need to continue to follow this fasting advice. A member of the Plastic Surgery Trauma Team will let you know whether you can have anything to drink or eat. This will depend on how long the delay might be.

If your operation is cancelled you will need to follow these fasting instructions again, once you have been given the new time and date for your operation.

*Thank you for your cooperation, Plastic Surgery Trauma Team, John Radcliffe Hospital*

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk