

Neurosurgery

Fasting instructions

Information for adults having a
procedure under General Anaesthesia



In order for us to carry out your procedure safely and comfortably, you will be given a general anaesthetic to make you go to sleep.

Please make sure that you follow these fasting (starving) instructions. Fasting is very important before having a general anaesthetic. 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.

Before your admission

Please continue to eat normally up until **six** hours before the time of your admission to hospital. You should then stop eating food and certain drinks; this includes milk, milk substitutes (e.g. soya) or drinks with milk in them, fruit juices with bits and any snacks such as biscuits, crisps, chewy or boiled sweets or mints. Do not chew chewing gum as this stimulates the production of juices in the stomach.

On the day of your admission

If you smoke, please do not smoke on the day you come into hospital. Smoking reduces the amount of oxygen in your lungs and may lead to breathing difficulties during or after your anaesthetic.

Please do not drink alcohol or use recreational drugs for 12 hours before your admission. Both alcohol and recreational drugs may alter the effects of the anaesthetic.

Two hours before your admission

You can drink as much clear fluid (such as water, squash, black tea or coffee, clear fruit juice without bits and clear non-fizzy drinks) as you like up until **two** hours before your admission.

When you arrive at hospital

Once the time of your operation/procedure has been decided, you will be given further instructions about whether you can have anything to drink. This may be allowed up to two hours before the actual start time of your operation/procedure.

If you are not sure whether you are allowed to have a drink, please ask your nurse or doctor.

Medication

Please take your normal medication and inhalers as usual, unless you have been given instructions to stop them by the nurse at your pre-assessment appointment. You may take your medication up to **one** hour before your procedure, together with a small amount of water (up to 150ml or one small cup).

If you take an anti-coagulation medication such as aspirin, clopidogrel, dabigatran or warfarin, please follow the instructions given to you by the pre-admission nurse about when to stop taking this.

If you have diabetes you will receive separate advice about when you should take your diabetes tablets or insulin injections.

If you have any questions please contact the neurosurgery pre-admission clinic for advice:

Tel: **01865 234 975**

(9am to 5pm, Monday to Thursday)

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**

Neurosurgical Nurse Practitioner Team
March 2015
Review: March 2018
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

