

General Anaesthesia, IV sedation or Major Local Anaesthetic Blocks

Important information for adult patients

During your procedure you will be having either a general anaesthetic, sedation or a major local anaesthetic (spinal or epidural block). It is important that these instructions are followed for your own safety. If you have anything in your stomach whilst you are under anaesthetic or sedation, it might come back up and get into your lungs.

ON THE DAY OF YOUR ADMISSION OR PROCEDURE

Chewing gum

This is not permitted, because gum stimulates the production of juices in the stomach.

Smoking

If you smoke, please do not smoke on the day you come into hospital. Smoking reduces the amount of oxygen in your blood, increases your heart rate and raises your blood pressure.

Alcohol and drugs

Please do not drink any alcohol or use recreational drugs for **12 hours** before your admission. Alcohol can cause dehydration and increases your blood glucose level. Both alcohol and recreational drugs can affect medication.

PREPARING FOR YOUR ADMISSION

FOOD

Please continue to eat your usual diet up until **6 hours before** the time of the start time of the list for surgery (as you could be first on the list).

You should then stop eating food. This includes milk or drinks with milk in them, milk substitutes (e.g. soya), fruit juices with bits, and any snacks such as biscuits, crisps, chewy or boiled sweets and mints.

If you have been given specific dietary advice (such as bowel preparation), please follow the instructions you will have been given.

If you are on the morning list:

If you wake during the night, you can have a light snack, such as a biscuit or a piece of fruit, **before 2.30am**, unless you have been told there is a medical or a procedural reason which means that you shouldn't. This is important, as it will help prevent your blood glucose from becoming too low, which can be dangerous, as it may be some time before you are able to eat again.

You should then **NOT** eat anything else, but should continue to drink clear fluids up **until 6.30am**.

If you are on the afternoon list:

Please have a light breakfast (e.g. toast and a cup of tea or coffee), to be finished **before 7.30am**, unless you have been told there is a medical or a procedural reason which means that you shouldn't. It is important that you have a light breakfast, as this will help prevent your blood glucose from becoming too low, which can be dangerous, as it may be some time before you are able to eat again.

You should then **NOT** eat anything else, but should continue to drink clear fluids up until **11.30am**.

DRINK

You should drink clear fluid (such as water, squash, black tea, black coffee, clear fruit juice without bits and clear non-fizzy drinks) **up until 2 hours before** the start time of the list for surgery, unless you have been told there is a medical or procedural reason why you should not.

If you have been asked to take any special fluids, please follow the instructions you will have been given.

WHEN YOU ARRIVE AT HOSPITAL

When we know the actual start time of the list, you will be told if you can have another drink. This is usually allowed up to 2 hours before the actual start time of the procedure, but please check.

If you are thirsty, please ask the nurse or doctor if it is possible to have another drink.

MEDICATION

Please take all your usual medication (including inhalers), unless you have been given instructions not to. Medication can be taken **up to 1 hour** before your procedure, with a small amount of water (up to 150ml or one small cup).

Please follow any instructions given to you by the pre-admission nurse about stopping anticoagulant medications, such as aspirin, clopidogrel, dabigatran, rivaroxaban, edoxaban or warfarin.

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

Further advice is available from the Pre-operative Assessment Clinic.

Tel: 01865

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 **PALS@ouh.nhs.uk**

