

The Children's Hospital

Young People (Teenagers) Having A Procedure Under General Anaesthesia Or IV Sedation

Important information for patients

During your procedure, you will be having either a general anaesthetic (to make you go to sleep) or intravenous sedation (medicine given through a drip into your blood, to make you feel drowsy). 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 YOU ARE COMING INTO HOSPITAL

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 you come into hospital. Alcohol can cause dehydration and increases your blood glucose level. Both alcohol and recreational drugs can affect medication.

PREPARING FOR YOUR ADMISSION

FOOD

If your procedure is on the morning list (before 1.00pm)

You can eat normally until **2.30am** (approximately 6 hours before the start time of the list for surgery (as you could be first on the list).

You should then **NOT** eat anything else. 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.

Continue to drink clear fluids until **7.30am**.

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

If you wake during the night you should have a light snack, such as a biscuit or piece of fruit, **before 2.30am** unless you have been told that 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.

If your procedure is on the afternoon list (after 1.30pm)

You can eat normally the day before your operation.

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 that 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. 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.

Continue to drink clear fluids until **12.30pm**.

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

DRINK

(Morning list: up until 7.30am)

(Afternoon list: up until 12.30pm)

You should continue to drink clear fluid (such as water, squash, black tea, black coffee, clear fruit juice without bits and clear non-fizzy drinks) **up until 1 hour before** you are due at the hospital, unless you have been told there is a medical or a procedural reason why you should not.

If you are on the morning list and are travelling to the hospital before 7.30am, please take clear fluids with you and have a drink on the way (as close to 7.30am as possible). This will help to prevent complications which can be caused by dehydration, as it may be some time before you will be able to have another drink.

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 procedure, you will be told if you can have another drink. This is usually allowed **up to 1 hour** before the actual start time of the procedure, but please check.

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

MEDICATION

You can continue to take all your usual medication (including inhalers), unless you have been told you should not. These can be taken **up to 30 minutes** before the procedure, with a small amount of water (up to 75ml).

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

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**

