

Fasting guidelines

Example of Carbohydrate Drinks Instructions

Enhanced Recovery Programme Patient Information for Hysterectomy

Before your operation, it is recommended that you eat and drink a healthy, well balanced diet. Carbohydrates are found in food like pasta, bread and potatoes so it is recommended to add more carbohydrates to your diet before your operation. For example, perhaps have a pasta dinner the night before.

These 'Pre-Op' drinks you have been given have been specifically designed to be taken the morning of your operation. They are designed to give you some extra Carbohydrates which help give the body energy and allow you to heal better after your surgery.

If your operation is in the morning: You should stop eating at midnight but can continue drinking clear fluid until 06:30hrs (black tea/ black coffee/ water).

If your operation is in the afternoon: You can have a light breakfast at around 07:00hrs and can continue drinking clear fluid until 11:00hrs (black tea/ black coffee/ water)

Please contact the Nursing staff if you have any questions or are unsure about anything (Pre Admission Clinic – 0131 242 2633)

****If you are Diabetic, please do NOT take these drinks ****

Instructions:



If your operation is in the morning:

1 drink at 06.00hrs

1 drink at 06.15hrs

YOU SHOULD BE NIL BY MOUTH FROM 06.30HRS

If your operation is in the afternoon:

1 drink at 10.30hrs

1 drink at 10.45hrs

YOU SHOULD BE NIL BY MOUTH FROM 11.00HRS

For Nursing Staff: Please document in the patients notes that they have been given these Carbohydrate drinks.