

On the day of your surgery, you will be asked to ensure you do not eat before your procedure. Before the date of your surgery a member of the team will inform you of the time you must stop eating at.

You will be able to continue sipping clear fluids including diluting juice and fruit juice without bits right up until the time of your surgery.

Some of the benefits of this include:

- Avoids prolonged periods of fasting
- Keeps you hydrated before going to theatre for your procedure
- Staying hydrated may help you recover more quickly
- It can also reduce headaches, nausea and anxiety.

Key Points

- You may drink clear fluids on the morning of your surgery. Clear fluids include water, diluted squash, or fruit juice without bits.
- Do not eat any solid food, milky drinks, fizzy drinks, or sweets (including chewing gum) 6 hours before your surgery.
- Whilst waiting in hospital for your surgery you will be encouraged to sip up to 1 glass (170mls) of clear fluids every hour.
- There are some exceptions to this which will be discussed with your anaesthetist on the morning of surgery.