

For patients undergoing procedures under General anaesthetic /Spinal/Epidural/Sedation



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

Fasting instructions for list commencing 8.00am, 8.30am and 9.00am.

For your safety you must follow these instructions carefully, failure to do so could lead to your operation being cancelled as it would be unsafe to continue.

Day before surgery

- You should eat normally on the day before surgery, but avoid large fatty meals.
- You should not consume drinks containing alcohol for 24 hours before surgery.

Fasting instructions for food

- You should not consume any food or drinks containing milk or milk products after 2.00am.
- Do not eat chewing gum or boiled sweets.

Fasting instructions for fluid

- You may drink clear fluids include: water; diluting juice; black tea and black coffee.
- You may drink clear fluids up to 2 hours prior to start of the list (up to 6.00am).
- Do not drink fruit juices containing pulp (bits).

Prescribed medication

- If you normally take prescribed medications after 6.00am you should still take them with a small amount of water, unless you have been told to omit medications by your pre-operative assessment nurse, your surgeon or your anaesthetist.

Patient Advice and Liaison Service (PALS)

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059. Email: dbth.pals.dbh@nhs.net

