

For patients undergoing procedures under General anaesthetic /Spinal/Epidural



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

Fasting instructions for list commencing 1.30 pm and 2.00 pm.

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 may have a light breakfast up to 7.30 am (see below).
- You should not consume any food after 7.30 am.
- Do not eat chewing gum or boiled sweets.

Fasting instructions for fluid

- You may drink clear fluids. These 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 11.30 am).
- Do not drink fruit juices containing pulp (bits).
- Do not drink milk or milk products after 7.30 am.



Medication

If you normally take prescribed medications after 11.30 am 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.

Light Breakfast

A small bowl of cereal (Rice Krispies or Corn Flakes) with skimmed or semi-skimmed milk. (You cannot have high fibre cereals such as Weetabix, muesli, bran) or a slice of white toast with honey, jam or syrup but no butter.

Contact Details

If you are unable to keep your appointment or if you have any questions, telephone the relevant admissions unit, between 7.00am and 4.00pm.

Doncaster Royal Infirmary:

General, Vascular, Urology, ENT, Ophthalmology 01302 643221.

Orthopaedic 01302 644221.

Gynaecology 01302 642650/642649.

Montagu Hospital: 01709 649167.

Bassetlaw Hospital: 01909 502257.

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