



Saint Mary's Theatres

Preparing for your operation - important reminders

Fasting Instructions - Nil by Mouth

When can I last eat before my operation?

2.00 am on the morning of surgery for admission at 7.00 am, or
6.00 am (light breakfast, eg, toast or cereal) for admission at 11.00 am.

When can I last drink before my operation?

2.00 am on the morning of surgery for admission at 7.00 am, or
11.00 am (clear fluids only, eg, water) for admission at 11.00 am.

Remember - Never chew gum or suck mints on the day of surgery!

Failure to follow these instructions may result in your procedure being **cancelled** on the day.

My Checklist - am I ready for my operation?

- Nightdress and warm dressing gown?
- Slippers?
- Medications (including alternative)/inhalers and a list of all medications from my GP?
- Arrangements for transport home and relative to stay overnight on discharge?

How to take your Carbohydrate drinks

Your admission letter will tell you if you are scheduled for admission at **7.00 am** or **11.00 am**.

Instructions if you are being admitted at **7.00 am**

- Drink the first **4** cartons **before midnight** on the day before your surgery.
- Obtain a urine sample on waking.
- Drink the final **2** cartons **before 6.00 am**.
- You **must not drink** after the last carbohydrate drink unless we advise otherwise.

Instructions if you are being admitted at **11.00 am**

- Obtain a urine sample on waking.
- Drink the first **4** cartons **before 6.00 am** on the day of your surgery.
- Drink the final **2** cartons **before 11.00 am**.
- You **must not drink** after the last carbohydrate drink unless we advise otherwise.

If you are Insulin Diabetic, you will not be given Carbohydrate Drinks.
If you are non-insulin Diabetic, you will be advised by phone whether to take carbohydrate drinks – this will depend on the results of your blood test.

What if I don't feel well?

If you feel unwell or experience a raised temperature, cough, cold, flu, diarrhoea or vomiting in the **five** days leading up to your admission, or if you are unsure of any instructions, please telephone:

The Admissions Office

(0161) 276 6310 or
(0161) 701 0109

Monday - Friday,
8.00 am - 4.00 pm