

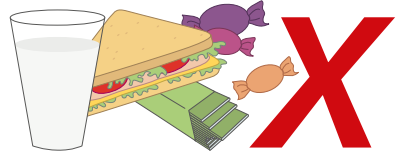
Are you having surgery?

Fluid information for patients

PRE-OP INFORMATION



The old saying 'Nil by mouth from midnight' no longer applies.



Adult patients can drink 250mls of clear, still, unflavoured water up to **TWO HOURS** before any procedure requiring general or regional anaesthetic.

All foods and other liquids including chewing gum and sweets must not be eaten within **SIX HOURS** of your operation.

"felt less irritable"

"quicker recovery"

"Nice to be offered an extra drink in this heat!"





Water helps
me feel better!

"Less headaches
and dizziness"

"I did not feel
as thirsty as I
thought"

What does 250 mls of water look like?

It is about a full cup....

or a large mug.....

or half a pint.



How often can I drink water after midnight?

You can drink clear, still, unflavoured water freely until two hours before your surgery – please refer to your hospital appointment letter for your admission time.

How will drinking 250mls of water help me recover?

All the evidence suggests drinking 250mls of water will help prevent symptoms of dehydration, for example, headaches, dizziness, dry mouth and low blood pressure.



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