

# Nil by Mouth (NBM)

Information for patients,  
carers and relatives

**Easy  
Read**



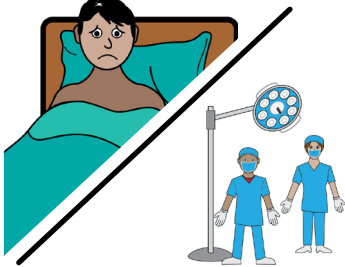
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## waiting for operation



You have been told you can not eat.

You might be waiting for an operation or unwell.

## can not eat



You can not eat.

This include chewing gum or sucking on sweets.

**can not drink**



You can not drink.  
This includes sips of  
water.

**can not smoke  
or vape**



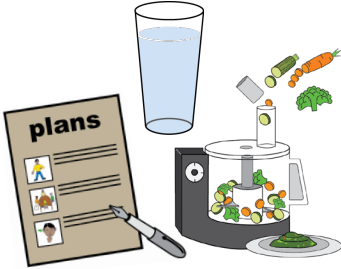
You can not smoke or  
vape.

**plan about  
medicines**



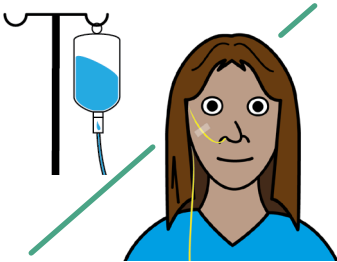
You need a plan about  
how to have your usual  
medicines.

## plan about food / water



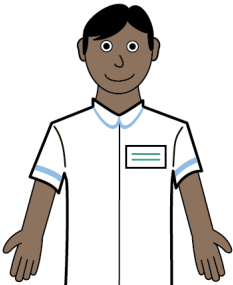
And a plan about how you will get food and water.

## drip or tube feeding



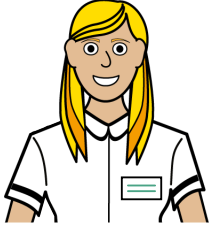
You might need support from a drip or tube feeding.

## dietitian

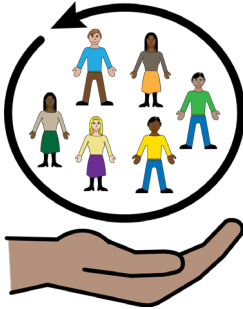


You might need to see a dietitian.

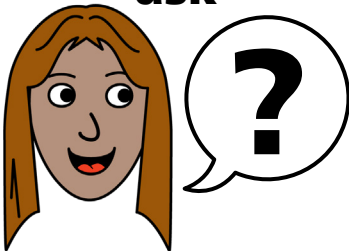
## speech and language therapist



## support from team



## ask



You might need to see a speech and language therapist.

The hospital team will support you and make a plan.

Please ask if you have any questions about eating and drinking.

## easy read leaflets



Scan this QR code to see our range of easy read leaflets.

## hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism  
@nhs.net**



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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Produced by: Medical Illustration Services • MID code: M20231221\_022/DG

LN005208  
Publication date  
01 / 2024  
Review date  
01 / 2027