



When you are already in hospital for your operation

If you are having a morning operation:



No food or milk after midnight



If you are having an afternoon operation:



No food or milk after 7am



The nurse will tell you when to stop drinking



When you are coming from home for your operation

If you are having a morning operation:



No food or milk after midnight



Clear fluids are ok until 7am



If you are having an afternoon operation:



Have a light breakfast before 8am



Clear fluids are ok until 12 noon



Not eating and drinking before your operation



Continue to take your prescribed medication unless you are asked to stop

You must **not** have anything



to eat



or drink



before your operation



If you are sick



when you are asleep



it can make you ill

When can I eat and drink?

Up to **6** hours before your operation you can:



eat solid food and drink milky drinks like tea and coffee



Up to **2** hours before your operation you can:



drink clear fluids like water, squash and black tea and coffee



Do not drink alcohol or fizzy drinks



If you stop eating and drinking for more than **6** hours, it can make you:



feel sick



feel hungry



feel thirsty



give you a headache



No sweets or gum when nil by mouth