

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

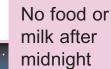


When you are coming from home for your operation

If you are having a morning operation:













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



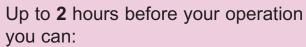
it can make you ill

## 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





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