

Eating and Drinking Instructions for Patients for Morning Surgery

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The following are very important instructions for your safety and comfort. Please read them carefully as it could be dangerous to ignore them.

FOOD: Please do NOT have any food and do NOT chew gum after MIDNIGHT.

FLUIDS: You are allowed to drink ONLY water (non-fizzy) UNTIL 6:00am.

DO NOT have any more water after 6:00am.

Please note: It is strongly advised that you do take some water until the time stated. This is safe, and helps to prevent thirst, dehydration and nausea, so that your comfort is increased post-operatively.

BRUSHING TEETH:

Please do NOT brush teeth after 6:00am.

If these important instructions are not followed, then your operation is likely to be cancelled for your safety.

SMOKING: Please try to stop smoking four-to-six weeks before your operation. However, even if you stop only a few hours before surgery, this is still beneficial.

If you have any questions regarding the above instructions please ring the
Pre-operative Assessment Clinic on 01493 453289
Monday-Friday 9.00am-4.00pm

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...
our patients... each other... ourselves

BEHAVIOURS:


Courtesy and respect

Attentively kind and helpful

Responsive communication

Effective and professional

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 The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact
PALS 01493 453240