

While you wait for your operation we hope you find these links below helpful:

Empower yourself.



Breathe happily, live happily.



**Now remember, stay hydrated, stay comfortable.  
Sip Til Send.**

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# Sip Til Send

## Pre-operative fasting guidance

### Patient leaflet

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is it?

Good news, most people can drink clear fluids until they go to theatre.

- Sip a small glass of water every hour while waiting.
- This stops you from feeling too thirsty or dehydrated.
- It helps you feel better before and after your procedure.
- It is safe to drink these fluids. No extra risk.

## What I can and cannot drink

- ✓ Water or squash (only these allowed)
- ✗ No fizzy drinks, milk, or alcohol.

## When should patients stop drinking?

- When they are called for their procedure.

## Examples:



One standard NHS cup (approx. 150mls)



One third of a 500mls bottle (approx. 150mls)

## Are all patients included?

### Patients who should follow 'Sip Til Send':

- ✓ All patients undergoing surgery unless told otherwise.

[If in doubt then please ask your surgeon or anaesthetist.](#)

### Patients who should not drink:

- ✗ Patients with difficulty in swallowing.
- ✗ Patients who take special medicines (like GLP-1 drugs for Diabetes or Weight) that mean no drinking is safer for you.
- ✗ Patients having an endoscopy for throat, food pipe or bowel checks.
- ✗ Patients having an X-ray of the stomach or bowel.

For more information please follow the link below:

