

### What should you do?

Do not eat solid food or milk for six hours before surgery. We recommend you continue to drink clear fluids up to two hours before surgery. Clear fluids are:

- water
- tea or coffee without milk
- transparent non-fizzy drinks, eg diluted squash.

If your surgery is scheduled in the morning, you can have clear fluids until 6.30am.

If your surgery is scheduled in the afternoon, you can have a light breakfast before 7am and have clear fluids until 11am. The ward nurse will advise you on the day of your surgery regarding any further instructions.

### What should be avoided?

Do not eat solid food or drink milk for six hours before surgery. You should avoid smoking or chewing gum on the day of surgery.

### Resuming fluid intake

You will be encouraged to drink when you are ready, providing there are no contraindications. Fluid intake will not be insisted upon before allowing discharge from day surgery.

### Exclusions to these guidelines

Alternate information will be provided:

- for children
- if you are pregnant and scheduled for Caesarean section or other obstetric procedures
- if you are having local anaesthesia only.

Please ask if you need this leaflet in an alternative format

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# Nil-by-mouth and fasting guidelines for adults before planned surgery

Surgical Services  
Colchester General Hospital  
Turner Road  
Colchester  
CO4 5JL

01206 747474

It is important that the following guidelines are followed in respect of what you eat and drink before surgery. If these guidelines are not followed it may mean that the operation cannot take place.

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