Pre-operative fasting
instructions and advice

A guide for patients
from the Pre-Assessment Unit
Your admission date: ....../......../........

at: ...............................................................................................................................................................

Your Consultant is: ....................................................................................................................................

On arrival, please report to: ........................................................................................................................
To fully prepare you for your admission to hospital, it is important that you read the following carefully. Failure to adhere to the guidelines below could make your anaesthetic very dangerous and result in your operation being cancelled on the day.

Please follow these instructions depending on when you are coming into hospital.

**Admission the day before your operation date**

- You have no restrictions on eating or drinking, unless you have been given other fasting instructions by your surgeon. You will be given further information of fasting arrangements upon admission.

- For some operations, separate instructions to clear the bowel will be provided and should be strictly adhered to.

**Morning admission time on day of surgery**

- Make sure you do not have a very heavy meal the night before your surgery.

- You must have **nothing to eat** for **six hours** before your admission time. No other drink or foodstuff to be taken.

- You may have **water only** up until **two hours** before your admission time.

- **IMPORTANT**: You should drink 300ml (1 glass) of water two hours before your admission time with or without your medications that you normally take as advised by the Pre-Assessment Unit.

- Do not take tea, coffee, milk or any carbonated drinks.
Afternoon admission time on day of surgery

- You may have a light breakfast eg, tea and toast at 6am
- You must have **nothing to eat** for **six hours** before your admission time.
- You may have **water only** up until **two hours** before your admission time.
- **IMPORTANT:** You should drink 300ml (1 glass) of water two hours before your admission time with or without your medications that you normally take as advised by the Pre-Assessment Unit.
- Do not take tea, coffee, milk or any carbonated drinks.
**SPECIFIC INSTRUCTIONS**

Please bring all medicines, inhalers and insulin injections with you on your admission to hospital

- Take all usual medications prior to admission.
- **Do not take** the following medication prior to admission:

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If you have been given RANITIDINE tablets by your Pre-Assessment Nurse, please take one the night before your admission at 10:00pm. Take the second tablet on the morning of your admission with your last drink of water, as instructed by your PAA nurse.

Prior to taking your RANITIDINE, please refer to the Information Leaflet you were given by your Pre-Assessment Nurse.

❖ Do not take chewing gum or sweets on the morning of your operation, this will cause your operation to be delayed or cancelled.
❖ Please shower or bathe before coming into hospital. Do not use body sprays or talcum powders.
❖ Remove make-up and nail varnish.
❖ If you smoke you should make a determined effort to cut down before coming into hospital. Cigarettes reduce the amount of oxygen your blood can carry under anaesthetic.
❖ You should stop smoking for at least 24 hours before coming to hospital for your operation.
❖ You should refrain from taking any alcohol for at least 48 hours prior to your admission.
❖ Please do not bring any valuables such as money or jewellery into hospital with you.
❖ Please contact your Pre-Assessment Nurse if you become unwell close to your operation date. An infection, or an illness such as a cold or the flu may prevent you from having your operation.
If you have any further question regarding your operation or admission please do not hesitate to contact your Pre-Assessment Nurse, available Monday to Friday: 8am to 5pm.

**Telephone Numbers**

Hairmyres Pre-Assessment: .................................................. 01355 584560

Monklands Pre-Assessment:.......................................................... 01236 713018

Wishaw Pre-Assessment: .............................................................. 01698 366154
CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

For the purpose of your present and future medical treatment, we will record details of your care. Some use may be made of this information for research purposes and to help in the planning of health services for the future. Some information will be processed on a computer. Information about your care and treatment may also be viewed by inspectors authorised by the Scottish Government. At all times great care will be taken to ensure that your information is kept confidential.

The “Data Protection Act 1998” gives you the right of access to any personal information which NHS Lanarkshire hold about you either in manual records or on its computers. If you wish to apply for access to your data, or if you would like more information about your rights under the Act you should, in the first instance, contact

Hairmyres Hospital
East Kilbride G75 8RG
Telephone 01355 585000

Monklands Hospital
Monkscourt Avenue
Airdrie ML6 0JS
Telephone 01236 748748

Wishaw General Hospital
50 Netherton Street
Wishaw ML2 0DP
Telephone 01698 361100

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info2@lanarkshire.scot.nhs.uk

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