




Adult Fasting Instructions:

When to stop eating and drinking before surgery

If these instructions are not followed, the operation may be cancelled for your safety as no food or particles of food should be in your stomach before your procedure.



Please follow these instructions:

 **6 Hours Before: Stop eating all food***, continue to drink clear fluids** 

 **2 Hours Before: Stop clear fluids****

From **2 hours before** your appointment time, you may **sip water only** until you arrive at the hospital.

Limit to small sips – no more than 1 glass (200 mL) every hour.

***Food** of any type. Includes all milk, milk products such as yoghurt, drinks containing particulate matter such as fruit pulp, soluble fibre, or jelly and any drink that is **NOT** clear or see through.

****Clear Fluid** is defined as water, black tea or coffee **without** milk or sugar, cordial, or juice with no particulate matter (floating 'bits').

Individual Instructions: Some procedures or medications you are taking require a longer period for fasting or a modified diet, you will have been told if this applies to you.

Diabetic Medication: If you are taking medications or injections for diabetes, you will need special instructions to manage your medications and fasting period.

Hospital-provided preoperative drink: Some people will be given commercially prepared preoperative carbohydrate drinks such as Nutricia Preop™, please follow the instructions given to you by your nurse or doctor on when to drink this.

Medication: Check any instructions about medications you are taking. If you have been told it is okay to continue your medication, tablets, and inhalers, you may take these at your usual time with a sip of water unless instructed otherwise.



Arriving to the hospital:

The booking team will notify you of the date of your procedure and remind you about any special instructions, including when to arrive at the hospital. When you arrive we may offer you sips of water, depending on when your procedure is planned.



If you have any questions or concerns:

Please email surgicalbooking@adhb.govt.nz or call 0800 728 436 Monday to Friday 8.30 – 4.30pm