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| **Starvation Instructions**  **You MUST adhere to the eating and drinking instructions listed below.**  **Failure to do so will result in your operation being cancelled** | |
| Anaesthetic | Eating/Drinking Instructions |
| General Anaesthetic (GA)  Epidural Anaesthetic  Spinal Anaesthetic  Regional nerve block | * **Food:** You can eat a light meal (this meal should have a low fat and low fibre content) up to 6 hours before the time you are asked to come into the hospital. The time of your admission will be on your admission letter. * **Morning (AM)** admission: No food after 2am * **Afternoon (PM)** admission: No food after 7am * You should not chew gum or suck sweets within 2 hours of your admission. Do not swallow anything after this time or your operation may be cancelled as you are putting yourself at risk of choking * **Drink**: Please actively drink (allowed drinks only) until 2 hours before the time you are asked to come into the hospital. This helps reduce dehydration and sickness. * **Allowed Drinks**: Water, Diluted squash, Black tea/coffee or with a very small amount of milk (less than 1/5th total volume or less than 50mls) |
| **Admission Instructions** | |
| Area | Instruction |
| Admission | * Please inform us prior to your admission if you have been in contact with any infectious diseases or if you develop a cold or sore throat immediately prior to your admission. |
| Clothing and Belongings | * You should not wear rings, watches or other jewellery * Remove make-up and nail varnish * Leave your valuables, handbags and wallets at home * Wear flat shoes and bring a dressing gown and slippers (pyjamas or nightdress if you are staying overnight) * Please wear cotton underwear * If you are having a Carpal Tunnel Release please wear a short sleeved top * Please could you ensure you bring loose clothing to enable you to do your post-operative physiotherapy if this is required. |
| Preparation | * Have a bath or shower before admission. * If you are an Orthopaedic or Breast surgery patient, please ensure you have used the provided octenisan wash as instructed * Night staff should not work the night before the operation * Arrangements must be made for you to be taken home in a car or taxis by a responsible adult * Your escort or other responsible adult must be able to stay at your home to look after you for 24 hours after your operation * Relatives should telephone the ward/unit prior to collecting you to ensure you are ready to go home |
| After your surgery | * You should not drive, operate machinery, take alcohol or sign legal documents for a minimum of 24 hours after your surgery. |