

Fasting instructions before your surgery

Please note that your operation may be delayed or cancelled if you do not follow the fasting instructions below.

Have a bedtime snack the night before surgery. Avoid alcohol for 24 hours before surgery.

On the day of surgery

Do **not** eat for **six hours before your admission time**. This includes chewing gum. Also **avoid** the following:

- milk in drinks
- sweets
- sports drinks
- Lucozade
- alcohol
- coca cola of any description

Up to two hours before your admission time, please do drink:

- water
- black coffee
- black tea
- diluted squash

Two hours before the time of your admission you should remain nil by mouth (**no food or drink**).

Medications

Take routine medications with your drink, unless advised otherwise as below:

Do **not** take

..... days before your surgery.

If you have any queries on fasting instructions, please contact the Scheduler's telephone number on your appointment letter.

Medication management before surgery

You will be advised about your medication at your pre-operative assessment appointment.

If you take any of the following medication, please read and follow the instructions below.

- If you are taking HRT- stop it **four weeks** before your surgery
- If you are taking a contraceptive pill that contains oestrogen - stop **four weeks** before your surgery. Please ensure that you use an alternative method of contraception during this time e.g. condoms, and as directed by your GP or the medication leaflet once you recommence your contraceptive pill
- If you take warfarin or other anticoagulants (blood thinning drugs), you will be advised about stopping these at your pre-operative assessment appointment.

Please make sure that on the day of surgery you do not wear any make-up, use moisturiser or fake tan. Ensure that all nail varnish, false nails or false eye lashes of any sort are removed. All body piercings should be removed.

After a General Anaesthetic

Please make sure that you have a responsible adult to stay with you for 24 hours after your surgery.

For 24-48 hours after your general anaesthetic, please do not:

- drive
- operate machinery
- sign any legal documents
- drink alcohol

If you have any queries on taking your medication, please contact the Scheduler's telephone number on your appointment letter.

Thank you.

This information is available in audio, Braille, large print and other languages. To request a copy, please contact the Scheduler's telephone number on your appointment letter.