



Fasting Guidelines

Fasting Instructions for Patients Undergoing Elective Surgery

- Solids include milk
- Clear fluids include water, lemonade and other fizzy drinks, clear fruit juice and cordial
- These instructions may be altered for individual patients by their Anaesthetist.

Morning Procedure

- No food or milk after 2.00 am
- Clear fluids up till 3 (three) hours before scheduled procedure

Afternoon Procedure

- May have light breakfast
- No food or milk after 7.00 am
- Clear fluids until 3 hours before scheduled procedure

Exceptions

Patients Requiring Oral Medications Pre-Operatively:

- 100 mls water up to 1 (one) hour before the scheduled procedure to aid swallowing
- NB: All routine medications should be continued on the day of surgery.

EXCEPT: Anticoagulants (Warfarin and Heparinoids)
Oral diabetic drugs and insulin
Diuretics
Anti-inflammatory pain killers, including aspirin