



Bon Secours Hospital

Fasting Guidelines

AFTERNOON SURGERY



Renmore, Galway

Tel: 091 381900

Fax: 091 757435

Email: info@galway.bonsecours.ie

This leaflet contains information which will help you prepare for your surgery. Modern anaesthesia techniques and research demonstrate that the stomach empties much faster than previously believed.

A long fast may add to discomfort during recovery. Fasting can lead to headaches, nausea, dizziness and dehydration. It can also make it difficult for nurses/ doctors to draw blood or obtain intravenous access.

The day before your operation

You should eat normally up to midnight the day before your operation and drink plenty to ensure you do not become dehydrated.

Afternoon Surgery Fasting Instructions

- You can eat food until 07:00. Have a light breakfast on the morning of admission but **do not eat** after 7am
- You can have clear fluids until **11:00am on the morning of surgery**
- We recommend you **have a drink of water before 11:00am**



- **Try not to fast** for longer than necessary
- **Do not** suck sweets or chew gum on the day of your operation

Clear Fluids = water, black tea/coffee (no milk allowed)

If you do not fully understand the instructions in this leaflet please contact your consultant secretary