



Bon Secours Hospital

Fasting Guidelines

MORNING SURGERY



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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.

Morning Surgery Fasting Instructions

- You can eat food until midnight. Have supper before going to bed but do **not eat** after midnight
- You can have clear fluids until **05:30am on the morning of surgery**
- We recommend you **DO** have a drink of water before **05:30am**



- **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