



## When you are already in hospital for your operation

If you are having a morning operation:



No food or milk after midnight



If you are having an afternoon operation:



No food or milk after 7am



The nurse will tell you when to stop drinking



## When you are coming from home for your operation

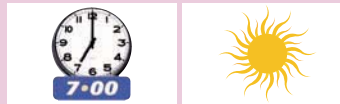
If you are having a morning operation:



No food or milk after midnight



Clear fluids are ok until 7am



If you are having an afternoon operation:



Have a light breakfast before 8am



Clear fluids are ok until 12 noon



## Not eating and drinking before your operation



Continue to take your prescribed medication unless you are asked to stop

You must **not** have anything



to eat



or drink



before your operation



If you are sick



when you are asleep



it can make you ill

## When can I eat and drink?

Up to **6** hours before your operation you can:



eat solid food and drink milky drinks like tea and coffee



Up to **2** hours before your operation you can:



drink clear fluids like water, squash and black tea and coffee



**Do not** drink alcohol or fizzy drinks



If you stop eating and drinking for more than **6** hours, it can make you:



feel sick



feel hungry



feel thirsty



give you a headache



No sweets or gum when nil by mouth