Before your operation

Fasting instructions for the plastic surgery trauma list

Contact us:

Plastic surgery unit: **01223 348509**
Monday to Friday 08:00 – 18:00 hrs

Ward F3: **01223 348313**
Monday to Friday 07:00 – 21:00 hrs
Fasting instructions for morning surgery

**Adults**
Please report to the Plastic Surgery Unit, level 3, Addenbrooke’s Treatment Centre (ATC) at 07:30 hrs

**Children**
Please report to Ward F3, level 3 of the main Hospital at 07:00 hrs

Your operation will be under general anaesthetic

**It is very important that you follow these instructions about when to stop eating and drinking (fasting) or your operation may be cancelled.** Fasting helps to prevent inhaling (breathing in) stomach contents into the lungs while unconscious.

You must **not** have any food, milky drinks, chewing gum or sweets after **02:00 hrs** on the day of surgery. Please have a light snack just before you go to bed. This will reduce your time without food or drink and will make you feel more comfortable.

After **02:00 hrs** you may safely continue to drink clear fluids from the following list until **06:00 hrs** on the morning of your surgery:

- water (not fizzy)
- herbal or fruit tea
- blackcurrant juice
- black tea (no milk)
- black coffee (no milk)

We strongly recommend that you drink plenty of clear fluids before **06:00 hrs** to prevent you becoming dehydrated (unless otherwise told). Research has shown that drinking clear fluids up to **two hrs** before surgery will help to:

- reduce postoperative nausea (feeling sick)
- reduce postoperative vomiting (being sick)
- aid recovery

After **06:00 hrs** you must **NOT** have anything to eat and drink.
Take your medications as you normally would (unless otherwise told), with sips of water only.

Fasting instructions for afternoon surgery

**Adults**
Please report to the Plastic Surgery Unit, level 3, Addenbrooke’s Treatment Centre (ATC) at 11:00 hrs

**Children**
Please report to Ward F3, level 3 of the main Hospital at 11:00 hrs

Your operation will be under general anaesthetic

**It is very important that you follow these instructions about when to stop eating and drinking (fasting) or your operation may be cancelled.** Fasting helps to prevent inhaling (breathing in) stomach contents into the lungs while unconscious.

You must **not** have any food, milky drinks, chewing gum or sweets after **06:30 hrs** on the day of surgery. Please have a light breakfast before this time. This will reduce your time without food or drink and will make you feel more comfortable.

After **06:30 hrs** you may safely continue to drink clear fluids from the following list until **10:30 hrs** on the morning of your surgery:

- water (not fizzy)
- herbal or fruit tea
- blackcurrant juice
- black tea (no milk)
- black coffee (no milk)

We strongly recommend that you drink plenty of clear fluids before **10:30 hrs** to prevent you becoming dehydrated (unless otherwise told). Research has shown that drinking clear fluids up to **two hrs** before surgery will help to:

- reduce postoperative nausea (feeling sick)
- reduce postoperative vomiting (being sick)
- aid recovery

After **10:30 hrs** you must **NOT** have anything to eat and drink.
Take your medications as you normally would (unless otherwise told), with sips of water only.