

Sip Til Send

Simple. Safe. Kind.

What are the benefits?



- Avoids prolonged periods of fasting
- Keeps patients hydrated before theatre
- Staying hydrated helps patients feel better
- Reduces headaches, nausea and anxiety



What you need to know

- You are encouraged to sip from one 170ml glass of water refilled every hour
- If you require different instructions from the above, your anaesthetist will inform you and the nursing team (ward)

FAQs

1. What can I have to drink?

Water.

2. How much can I drink?

You can sip from a standard ward cup (170ml) which can be refilled every hour. You can get this cup from the water dispenser in Surgical Centre waiting room. Please note what time you start your first drink and keep this cup with you until you go for your operation.

3. How do I know when I should stop sipping?

You can continue to sip water until the ward receives a phone call from theatre to say it is time for you to go to theatre.

4. Are there any exceptions?

Exceptions to Sip Til Send are anyone who is nil by mouth for medical or surgical reasons (e.g. Kidney failure, stroke, or bowel obstruction), however if this is you, you are still allowed to moisten your lips and mouth with water. If you are currently taking any weight loss medication, you may also be an exception so please speak to the nurse.

5. How will my nurse know if I must follow different instructions?

Sip Til Send is now the default instruction for all adult patients at SAH. Certain patients may be considered higher risk and in this situation the anaesthetist will communicate different instructions to you or the ward staff. If in doubt, please ask.

6. What are the instructions for food?

This has not changed. Follow the instructions given to you about food fasting times..

7. Can I eat/suck sweets or lollies before theatre?

No, you cannot have sweets for 6 hours before theatre.