

Sip Til Send

FOR CHILDREN 16 YEARS AND YOUNGER

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

- Encourage patients to sip from one glass of water or diluted apple juice refilled every hour
- If a patient requires different instructions their anaesthetist will inform the (ward) nursing team

FAQs

1. What can patients have to drink?

Water or diluted apple juice (1/2 or 1/4 strength).

2. How much can my child drink?

Your child can drink 3ml/kg/hr - the nurse will advise you after weighing your child on admission.

3. How do I know when a patient has to stop sipping?

Patients can continue to sip fluids until the wardsperson comes to take them to the pre-op area.

4. Are there any exceptions?

Anyone who is nil by mouth for medical or surgical reasons (e.g. Kidney failure, stroke, or bowel obstruction), however these patients are still allowed to moisten their lips and mouth with water. All patients should be encouraged to Sip Til Send, but not forced to do so if they are not feeling well or dislike drinking.

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

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

6. What are the instructions for food?

This has not changed. Patients should not eat for 6 hours before their anaesthetic.

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

No, patients should not have sweets for 6 hours before theatre.

8. What about my breastfed baby?

Babies who are exclusively (only) breastfed are to finish their last feed 3 hours before theatre. Check with your nurse if you have concerns about this.