

# Fasting before your surgery



October 2023

*It is important to follow these instructions when you have your procedure or surgery at Prince of Wales Hospital.*

**You must not eat any food for 6 hours** before your arrival time at the hospital. After this, you may continue to drink only the following **clear fluids** before your arrival, up to **one small cup (200mL) per hour**.

Clear fluids include:

- Water
- Coffee or tea, no milk (added sugar is ok)
- Clear apple juice (not cloudy)
- Cordial or lemonade
- Gatorade/Powerade/Dex or other clear rehydration drink



Use this QR code to read information on our webpage on preparing for surgery. The webpage can also be found at <https://www.seslhd.health.nsw.gov.au/prince-of-wales-hospital> in the Services and Clinics directory under 'Surgery, Anaesthesia and Perioperative Medicine.'

