

SIP TIL SEND



FLUID INTAKE BEFORE ANAESTHETIC

Before anaesthesia patients can drink clear fluids including:



WATER



**APPLE
JUICE**



**BLACK
TEA/COFFEE
(NO MILK)**



**ELECTROLYTE
SOLUTION**



ICE

Patient can sip
continuously up to

**200ML
(1 CUP)
PER HOUR**
(every hour)

until the patient is
called to theatre.

EXCEPTIONS

**ANY PATIENT WHO IS NIL BY MOUTH FOR
MEDICAL OR SURGICAL REASONS**



These patients can moisten their
mouth and lips with water.



All patients should be encouraged
to 'Sip Til Send' but not forced to do
so if they aren't feeling well.

SIP TIL SEND



HOW MUCH CAN A PATIENT DRINK?

Patients can sip from a standard ward cup (200ml) which should be refilled every hour.



WHAT CAN PATIENTS HAVE TO DRINK?

Any Preoperative Oral Clear Fluid including water, apple juice, cordial and tea/coffee (no milk).



HOW DO I KNOW WHEN A PATIENT HAS TO STOP SIPPING?

It's simple! Patients can continue to sip fluids until the ward receives a telephone call from theatre to say it is time for the patient to go!



HOW WILL I KNOW IF MY PATIENT HAS TO FOLLOW DIFFERENT INSTRUCTIONS?

Sip Til Send is now the default instruction for all adult patients at POWH. 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.



ARE THERE ANY EXCEPTIONS?

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



WHAT ARE THE INSTRUCTIONS FOR FOOD?

This has not changed. Patients should not eat for 6 hours before their anaesthetic. They should not have thickened fluids, broths and sweets/lollies (even if only sucking them).