

Patient fasting letter.

Fasting instructions

You must follow these instructions carefully. Failure to do so could lead to your operation being cancelled.

The day before your operation

- You should eat normally on the day before your operation but avoid any alcohol and large fatty meals.
- If you have been instructed to take a preload drink at your preop appointment, please follow the instructions provided.

The day of your operation.

07:30 admission:

- You should not consume food after midnight, including chewing gum or boiled sweets.
- You should continue to drink sips of water only, up to 6:30am. Nothing to drink after this.
- Any medications normally taken in the morning should be taken before 6.30 am with water unless you have been told to omit medications at your preop appointment.

12:00pm admission:

- You should have a light breakfast; we recommend tea and toast up until 07:00am. Do not consume food after this, including chewing gum or boiled sweets.
- You may drink sips of water only, up to 11:00am. Nothing to drink after this.
- Any medications normally taken in the morning should be taken before 11:00am with water, unless you have been told to omit medications at your preop appointment.

On the day of your surgery please report to the Admissions and Discharge Lounge on the 2nd floor at Liverpool Women's Hospital.

Please bring a dressing gown, slippers, and an overnight bag if you are an inpatient.

No make-up, jewellery, body piercings or nail varnish. Please ensure you bring all your medications with you in their original boxes.

If you are experiencing changes to any other medical conditions, or your medication has changed, please call our Pre-Operative Nurses on

- 0151 708 9988, option 5, extension number 1055 to discuss.

If you have any queries regarding your admission, please contact our Admissions Team as soon as possible on

- 0151 702 4475.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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