



## Preparing for surgery

All patients having a General, Sedation or Regional Anaesthetic, must not eat for six hours prior to surgery unless advised otherwise by your surgeon.

You may have sips of water, no more than a cup per hour, up to one hour prior to surgery. Please do not eat sweets or chew gum during the fasting period.

Afternoon surgery patients are encouraged to have a light breakfast, e.g. tea and toast as long as they are finished eating at least 6 hours prior to surgery, then nothing to eat after this time but sips of water are allowed up to one hour prior to surgery.