

What is it?

Background

A hospital wide initiative to enable our fasting patients to have sips of CLEAR fluids up until their time of surgery.

Our goal is to reduce prolonged periods of fasting for our patients and subsequently improve patient satisfaction with their theatre journey.

We are excited to provide this initiative to our adult and paediatric patients and implement this across our hospital at Northern Beaches.

Within this patient information brochure 'Sip Til Send' is explained in more detail, but please do not hesitate to ask one of our friendly members of staff if you have any further questions.



Northern
Beaches
Hospital



Simple, Safe, Kind



Northern Beaches
Hospital
by Healthscope

What can I drink?

Clear fluids include;



Water



Juice or cordial



Black tea or coffee (no milk)



Ice cubes

There are some exceptions...

There are of course some medical and surgical reasons which require our patients to be completely nil by mouth. Your Doctor and/or Nurse will be able to identify this and inform you if this applies to you.

FAQ

How much can I drink?

Patients can sip ONE standard cup (up to 170ml) every hour.

What can I have to drink?

CLEAR fluids include water, juice or cordial (without pulp or bits), black tea or coffee (no milk allowed!)

When do I have to stop sipping?

You can sip right up until you are called for your operation

What about food?

Unfortunately, you still need to fast from food. You must stop eating 6 hours before your operation.

For patients arriving in hospital before/at 7.30am:

- Last food at 12 midnight (including sweets and chewing gum)

For patients arriving in hospital after 11am:

- Last food at 7am (including sweets and chewing gum)

What are the benefits?

- Avoids prolonged fasting periods
- Ensures our patients are staying hydrated
- Reduces side affects of fasting including headaches and nausea

How much?



170ml (standard hospital cup) PER HOUR