



**Benefits include:**

- Reduces prolonged fasting periods
- Ensures your child is staying hydrated
- Reduces fasting side effects such as headaches and nausea



# SIP TIL SEND PAEDIATRICS

NORTHERN BEACHES HOSPITAL

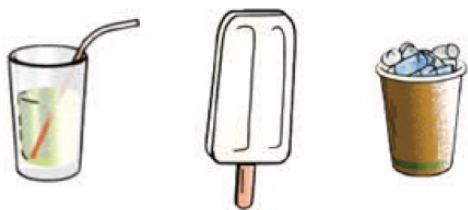
**Simple, Safe, Kind**

**\*There will be some children excluded from participating in Sip Til Send\***

## Instructions:

To keep your child hydrated whilst awaiting their operation they can SIP on clear fluids right up until they are sent for theatre. Children can SIP clear fluids up to 3ml/kg/hr (Max 170ml/hr) every hour until transferred to theatres.

This includes fluids such as water, apple juice (pulp free), cordial, hydralyte / gastrolyte, lemonade, iceblocks and ice chips.



## Whats excluded?









Anything with protein, fat, fibre or particles and includes things such as: lollies, sweets or chewing gum, thickened fluids, starch or cornstarch, bone broth, protein drinks, anything dairy, anything with fruit pulp or vegetable fibres – e.g. “real” or freshly pressed / crushed apple or other fruit juices, coloured soft drinks – e.g. Cola



Our goal is  
to reduce the time of  
fasting whilst  
awaiting your  
operation

## How much fluid?

SIP or suck 3ml/kg/hr of clear fluids (Max 170ml/hr)

			
Styrofoam Cup 220ml	Compostable Cup 230ml	Lido Lemonade 300ml	Berri Apple Juice 110ml
			
Ice Chips / Chewblet 2.5ml each Full Cup approx. 130ml	Standard Freezer Tray Ice Cube 15ml each	Bulla Icy Pole 75ml	Hydralyte Ice Block 60ml

You will receive a ‘Sip til send’ fluid chart to complete and fill in to ensure we are tracking the amount of fluid your child is having pre procedure. Please see your Nurse and/or Doctor if you have any questions.

## What about food?

Children must stop eating 6 hours before their 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)