



New approach to drinking before surgery.

Allows patients to sip small amounts of water from the time they arrive in hospital until the point they are 'sent' for surgery.

Avoids prolonged fasting & dehydration whilst remaining safe for patients.

A QUICK REFERENCE GUIDE FOR 'SIP TIL SEND'

What can patients have to drink?

Patients may only sip water until sent for theatre. Still, not fizzy.

How do I know when patients have to stop sipping?

It's simple! They can continue to sip water until called for theatre.

How much can patients drink?

They can sip from a standard hospital beaker/cup (170ml) which can be refilled every hour if necessary.

What about the instructions for food / milk / other fluids?

These have not changed. Currently, only still water is permitted in our 'SipTilSend' guidelines.

Are any patients excluded?

How will I know if my patient has to follow different instructions?

'SipTilSend' is now the default for all adult surgical patients – bar the potential exclusions* below.

Some patients may be nil by mouth for medical or surgical reasons; however these patients are still allowed to moisten their lips and mouth with water.

Additionally certain patients may be considered higher risk – in these cases, the anaesthetist or surgeon will communicate different instructions to the ward staff. **If ever in doubt, just ask!**

*EXCLUSIONS:

- Upper GI surgery or endoscopy ('OGD')
- Severe reflux or hiatus hernia
- Gastric immobility / gastroparesis
- Active vomiting
- Bowel obstruction