

Information on pharmaceuticals and length of time for which you should not eat before an operation/examination

Dear Patient,

You are being admitted to hospital for an operation/examination under an anaesthetic. This letter sets out briefly the relevant information for you to bear in mind before admission.

It is important to refrain from eating before the anaesthetic is administered!

Whenever an operation is performed under a general or local anaesthetic, a full stomach creates an additional risk of nausea, vomiting and aspiration (vomit passes into the lung and can cause a life-threatening inflammation of the lung). However, we would not like you to be unnecessarily thirsty. You may therefore still drink a little fluid before the operation, depending on the timetable.



Please respect the following rule concerning the time for which you should **refrain from eating**:

Eating all solid and semi-solid food is still permitted up to 6 hours before admission

Clear fluids may be drunk up to 2 hours before admission

Clear fluids means 1-2 glasses of tea, water or syrup

no milk (not even in tea or coffee), **no** fruit juices, **no** alcohol

Taking pharmaceuticals

Please continue to take your usual medication unless your general practitioner or surgeon gives you different instructions for certain pharmaceuticals. This rule also applies on the day of the operation.

If you are in any doubt about taking your medication or have other questions about the anaesthetic procedure, please contact our anaesthetist who is on call on telephone number 043 268 74 49.

Thank you for your cooperation
Your alphacare team