

Additional Notes

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To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email uhd.patientexperienceteam@nhs.net.

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Some of our hospital services are moving.
Visit www.uhd.nhs.uk/future to find out more.

'SipTilSend' advice for patients

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To keep you safe during your procedure, you must not eat anything for six hours before coming to hospital. This means no food, soup, chewing gum, or sweets. However, recent research has shown that drinking water until your procedure can make you feel better afterwards. Therefore on the day of your procedure, you are allowed to sip water until the theatre team come to get you. This is called ‘SipTilSend’. This also applies to you if you have diabetes, unless you are told otherwise.

What can I drink and when?

12 hours before hospital	Do not drink alcohol
Six hours before hospital	<ul style="list-style-type: none"> • No food. • No chewing gum or sweets. • No fizzy drinks or drinks with milk in. • No soup.
From six hours before hospital until two hours before hospital	<ul style="list-style-type: none"> • Drink water as you would do normally • Some patients may get special pre-loading drinks from the hospital
NEW: From two hours before hospital until you go to theatre, ‘SipTilSend’	<ul style="list-style-type: none"> • You may sip water • Up to 170mls per hour (that’s just over half of a standard mug) per hour • Some patients may have pre-load drinks if told to
<p>Not everyone can drink water in the two hours before surgery. If you are not allowed to, your doctor or nurse will tell you.</p>	

Why can I have water?

- Water is allowed because it leaves the stomach quickly
- It helps to stop you being thirsty
- It helps you feel better before and after surgery.
- It is safe

Can everybody have water in the two hours before surgery?

Not everyone can drink water before surgery. If this applies to you, your doctor or nurse will tell you.

Other resources:

- There is more advice to help people preparing for surgery at:
www.cpoc.org.uk/guidelines-and-resources/perioperative-optimisation-Top-seven-interventions
- There is a helpful video from a hospital in Derby and Burton on siptilsend:
<https://youtu.be/ZYc3LN2hILU>