

**ISLE OF WIGHT NHS TRUST
PRE ASSESSMENT AND ADMISSIONS UNIT**

**FASTING INSTRUCTIONS PRIOR TO SURGERY FOR PATIENTS ADMITTED ON THE
DAY OF THEIR PROCEDURE**

A.M. LIST

Please have no more food from midnight. You may continue to drink clear fluids until 06.00 am if you wish. (water, dilute squash, black tea or coffee. NO MILK).

Please stop smoking 2 days prior to admission.

Please refrain from alcohol consumption the evening prior to surgery.

Please continue with medication unless otherwise advised by the nurse at pre-assessment appointment.

If you have any queries please contact a nurse at the pre-assessment clinic on 552072.

Specific instructions e.g. Aspirin, Warfarin, Clopidogrel, HRT, Medication.

For 24 hours after your operation:

- Observe instructions given by surgeon
- Please remember your judgement may be temporarily impaired
- Do NOT drive a car or ride a bicycle
- Do NOT operate any machinery or appliances requiring skill or judgement
- Do NOT drink alcohol
- Please ensure you have 24 hour care available for you and your dependants

Nurse name (Print name):

Nurse signature:

Date: