



**KINGS  
BRIDGE**  
*Private  
Hospital*  
★★★★★

## Preoperative fasting instructions

Failure to follow these instructions will  
result in the cancellation of your surgery

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**3** FIVE  
TWO  
GROUP

Your operation is scheduled for the

# EVENING

**It is essential that you follow the fasting instructions detailed below. Failure to do so will result in the cancellation of your surgery.**

X	<b>DO NOT EAT</b> anything after <b>11am</b>
X	<b>DO NOT EAT</b> sweets or chew chewing gum on the day of admission
X	<b>DO NOT DRINK</b> fizzy drinks or milk after <b>11am</b>
✓	You may drink <b>WATER ONLY</b> until <b>3.30pm</b>

You may however take your **usual morning medication** with sips of water unless you have been specifically asked to stop by your consultant/nurse.

If you are a smoker it is important that you **try to stop smoking** at least one week in advance of your surgery. This may help to reduce complications during and after your surgery.

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