



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

Preoperative fasting instructions

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

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Your operation is scheduled for the

MORNING

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

X	DO NOT EAT anything after 12 midnight
X	DO NOT EAT sweets or chew chewing gum on the day of admission
X	DO NOT DRINK fizzy drinks or milk after 12 midnight
✓	You may drink WATER ONLY until 5.30am

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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