

Department of surgery

Fasting instructions

To fully prepare for your admission to hospital, it is important that you read the following carefully. Failure to adhere to the guidelines below could make your anaesthetic very dangerous and result in your operation being cancelled on the day.

If you have been prescribed a laxative drink to clean out your bowels before your surgery, then you will need to follow your separate instructions. If you are admitted the day prior to your surgery, the ward staff will advise you of your fasting instructions.

You should continue to eat and drink normally until the times written in the fasting instructions.

If you are having your surgery in the morning

Eat normally up until midnight the night before your surgery.

DO NOT eat anything after this, including chewing gum.

You can drink clear fluids* until 5:30am the morning of your surgery.

If you are having your surgery in the afternoon**

You can have a light breakfast of tea and toast before 6:00am the day of your surgery.

DO NOT eat anything after this, including chewing gum.

You can drink clear fluids* until 10:00am the morning of your surgery.

*Clear fluids include water, clear cordial, black tea and coffee. **Cloudy or milk based drinks or alcohol are not to be taken.**

** If the timing of your surgery has not been specified, please follow the instructions for morning surgery.



If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

