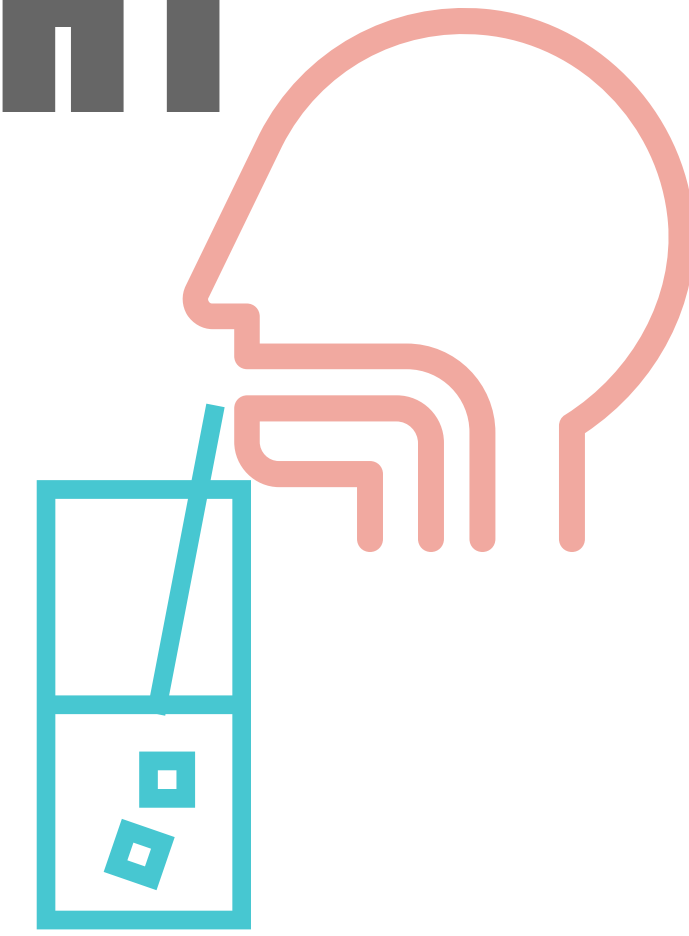


THERE IS NO SUCH THING AS 'NIL BY MOUTH FROM MIDNIGHT'

PATIENTS MAKE A BETTER RECOVERY IF THEY CAN DRINK CLEAR FLUIDS
UP TO **TWO HOURS** PRIOR TO THEIR SURGERY

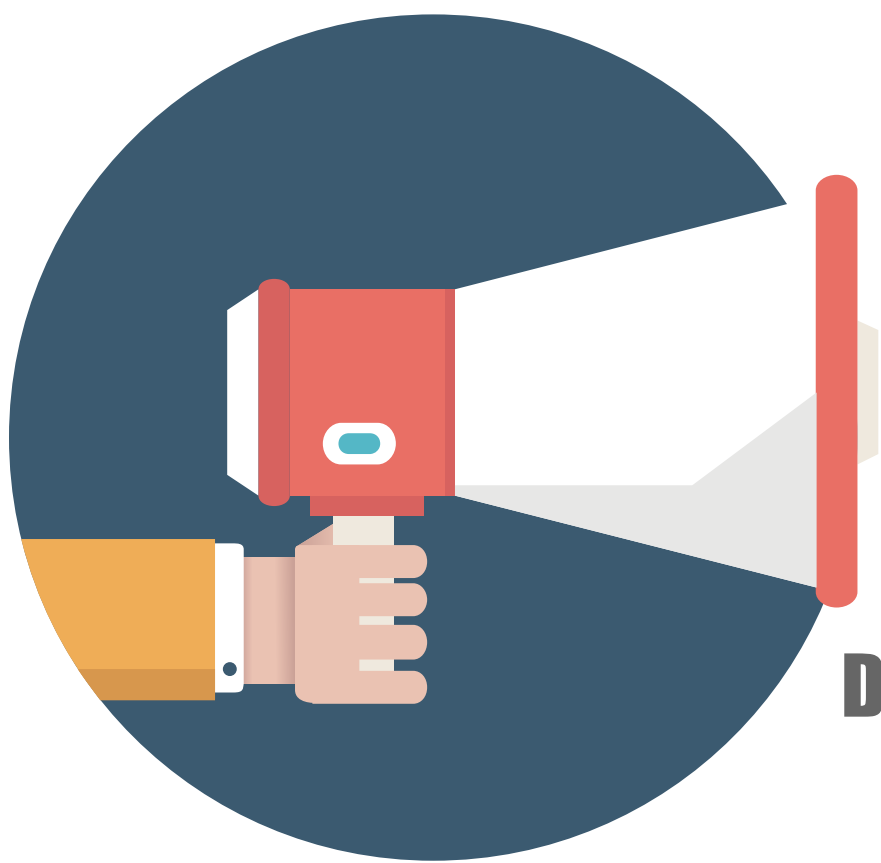
LESS COMPLICATIONS, LESS HUNGRY, SHORTER HOSPITAL STAY



IF YOUR PATIENT IS FASTED FOR SURGERY

'THINK DRINK'

Don't hesitate to check with the theatre team about fasting times, or time of the operation



CLEAR FLUIDS = BLACK TEA/COFFEE, WATER, CORDIAL/SQUASH, PRE-OP CARBOHYDRATE DRINKS

DO NOT GIVE MILK or PURE FRUIT JUICES

