

# SIP TIL SEND



How much can a patient drink?

Patients can sip 3ml/kg per hour up to a maximum of 200ml until they are called to theatre.



What can patients have to drink?

Any Preoperative Oral **Clear Fluid** including water, clear apple juice or cordial.



How do I know when patient has to stop sipping?

It's simple! Patients can continue to sip fluids until the ward receives a telephone call from theatre to say it is time for the patient to go!



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**What are the instructions for food?**

This has not changed. Patients should not eat for 6 hours before their anaesthetic. They should not have thickened fluids, broths and sweets/lollies (even if only sucking them).



**How will I know if my patient has to follow different instructions**

**Sip Til Send is now the default instruction for all patients at JHH/JHCH.** If a patient requires different instructions their anaesthetist or treating team will inform the ward.



**Are there any exceptions?**

Anyone who is nil by mouth for medical or surgical reasons (e.g. bowel obstruction or gastric outlet obstruction), however, these patients are still allowed to moisten their lips and mouth with water. All other patients should be encouraged to Sip Til Send but not forced to do so if they aren't feeling well or like drinking.



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