

# Fasting guidelines

## Treatment

You must fast before surgery. This is necessary to prevent food remnants from entering your airways should you vomit during or after surgery.

- **If you are admitted before 1:00 pm:** you may not eat anything after midnight before admission. You may have a glass of water or a cup of tea (with sugar) before 6:00 am. You may not drink more than 200 ml;
- **If you are admitted after 1:00 pm:** you may have a Zwieback or cracker with jam and a cup of tea (with sugar) on the morning of the admission at 7:00 am. You may not drink more than 200 ml. You may drink a glass of water or a cup of tea (with sugar) up to 10:00 am. You may not have more than 200 ml.

## Smoking

It is advisable not to smoke in the hours before your admission. Preferably at least 24 hours to clear the carbon monoxide from your blood. Carbon monoxide reduces the amount of oxygen.

Smokers' airways are often irritated and therefore more susceptible to inflammation. Furthermore, coughing can be very painful after surgery.

## Medication

At the preoperative consultation, the anesthesiologist will tell you what medication you must take on the day of surgery and what medication you need to stop temporarily.

If you take blood thinners, it is very important that you inform the anesthesiologist about this.

## Other advice

Before admission, you must remove jewelry such as watches, earrings and all other types of piercings, rings and bracelets. You may not use any makeup, nail polish or face cream. Glasses and dentures must be left behind on the ward.

If you wear artificial nails, we ask you to leave at least one finger free of an artificial nail. During surgery, a clip will be attached to this finger to perform measurements.

## Questions

If you have any questions about fasting before surgery, please feel free to contact the preoperative screening (POS) clinic at tel. (0183) 64 45 18, available Monday to Friday from 8:00 am to 5:00 pm.