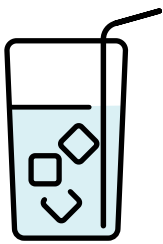


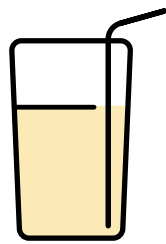
Sip Til Send

Oral liquid intake for patients before procedural sedation or anaesthesia

What can patients drink?



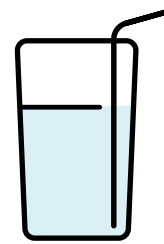
Water



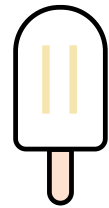
Pulp free clear
fruit juice /
clear cordial



Black coffee;
black / green
tea



Clear
carbohydrate-
containing liquids
(e.g. Hydralyte™)



Clear liquid
ice blocks

How much can patients drink?

Adults

sip up to **200 mL per hour**, until called to theatre

Children

16 years and under, up to 65kg — sip up to **3 mL per kg of body weight per hour**, until called to theatre

Exceptions

Not all patients are suitable for 'Sip Til Send'

- If there is a patient-specific fluid fasting plan, this must be followed
- Patients should be encouraged to drink but not forced to do so if they are not feeling well.

Regular medicines (e.g. tablets, capsules and liquid medicines) may be taken during the fasting period unless clinically indicated to withhold.