# Sip Til Send – What can I drink before my surgery or procedure?

## Information for patients and their carers

Follow these instructions in the lead up to your surgery or procedure

## What is 'Sip Til Send'

'Sip Til Send' allows you to sip small volumes of water (or similar clear liquids) while awaiting surgery, up until you are called to the operating theatre. This decreases thirst and nausea and helps you stay hydrated during your procedure.

## What can I drink

- Water
- Pulp free clear fruit juice (e.g. apple juice) or clear cordial
- Black coffee, black or green tea
- Clear carbohydrate-containing liquids (e.g. Hydralyte™)
- Clear liquid ice blocks

**Exclusions**: milk*, soluble fibre, broths or jelly

## How much can I drink

- Adults: Up to 200 mL per hour
- Children 16 years and under AND weighing 65 kg or less: Up to 3 mL per kg per hour

## Frequently asked questions

**When do I stop sipping?**

You can sip clear liquids up until you are called to go to the operating theatre.

**What about food?**

You can have solid food up to 6 hours before your procedure.

***What about breast milk, formula and non-human milk?**

Breast milk can be given up to 3 hours before the procedure.

Formula or other milk can be given up to 4 hours before the procedure for babies under 12 months and 6 hours before for children over 12 months.

**What about medicines?**

You may take your regular medicines, unless advised not to by your healthcare team.

Tell your doctor or anaesthetist about all medicines you use, including prescription and non-prescription medicines, vitamins, herbal products and supplements. This is especially important for GLP-1 or other weight-loss medicines, peptides, and products bought online or overseas.