

Sip to prevent dehydration

You can sip still (non-sparkling) water whilst awaiting your operation.

Please do **not** drink any other fluids.

Take sips regularly whilst you are waiting

This reduces headache, vomiting, sickness and dry mouth after surgery

You can drink up to one beaker every 60 minutes

You can use the alarm on your phone to help remind you

Ask a staff member to refill your beaker every hour



SIP TILL SEND

This patient is able to sip water until collected for theatre

Please ensure that their beaker is refilled as needed